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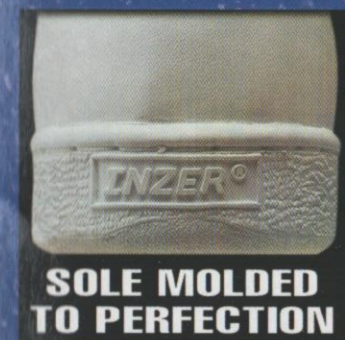
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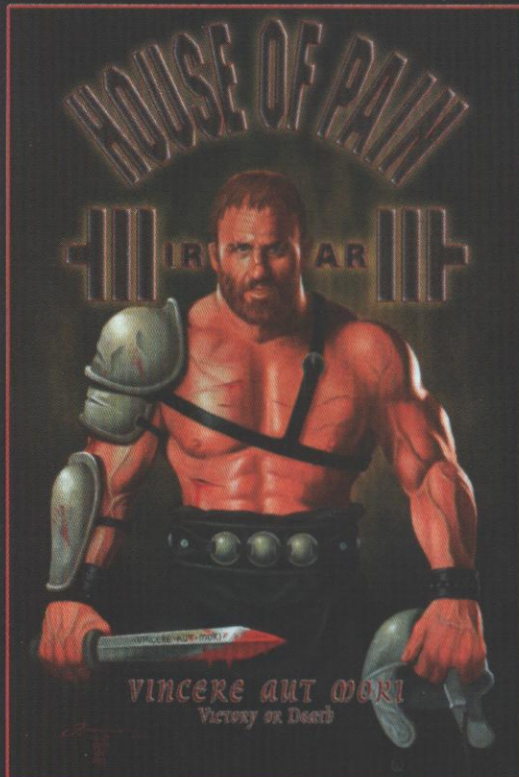
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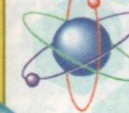
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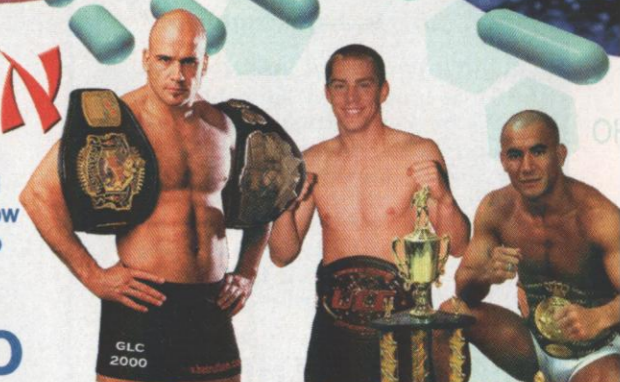
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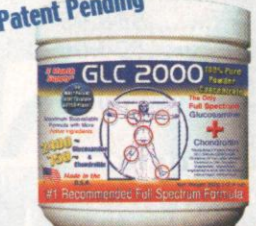
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MUSCLE MENU

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ON THE COVER Matt Lamarque broke the 700 lb. barrier with a 705 @ 220 at the WABDL California State Meet, with his father watching him lift for the first time. (CSS Design)

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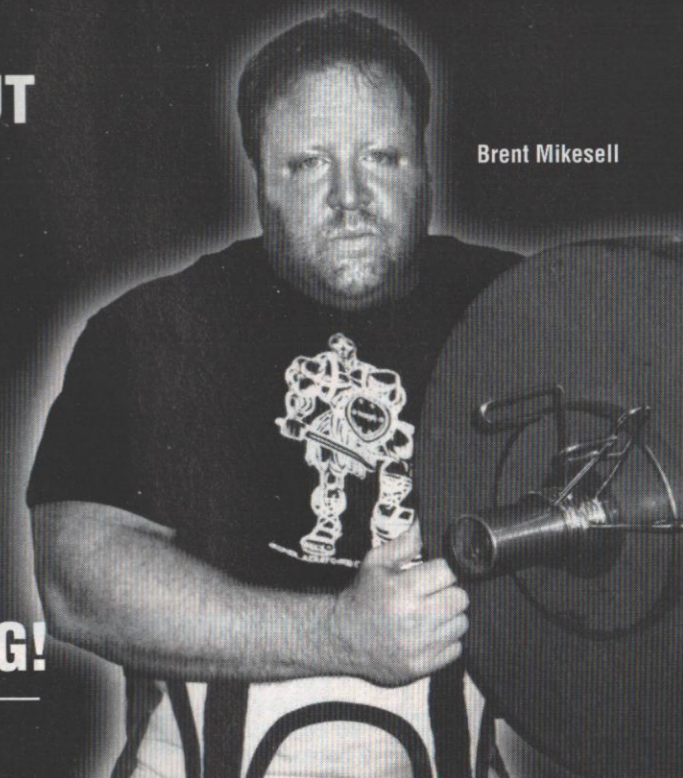
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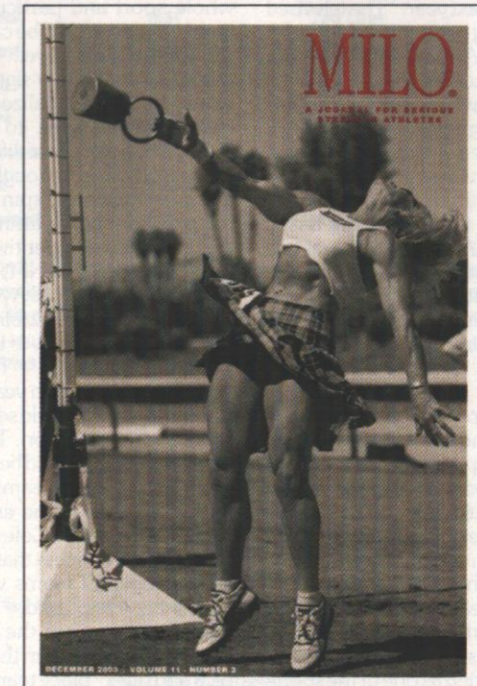
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NICK BUSICK'S NEXT MOVE

as told to *Powerlifting USA* by Marty Gallagher



Nick Busick, former police officer and professional wrestler, squatting 630 back in the '80s. (Giarletto)

"An army of thousands can be resisted but not an idea whose time has arrived."

Victor Hugo

The most innovative thinker in powerlifting is Nick Busick. He has a vision for the sport unlike anything ever concocted: regional teams, two man powerlifting squads battling for supremacy in head-to-head competition. Mr. Busick, a former police officer and WWF professional wrestler, is the corporate investigator for MTRGAMING and he recently outlined his powerlifting vision. "Our goal is to have fifteen two-man powerlifting teams representing different regions from within the United States. These teams, we anticipate, will be owned by corporations and compete against one another; the public will watch on TV as fans legally bet on the outcomes. Each squad will be comprised of one athlete weighing under 200-pounds while the second squad member will weigh over 200-pounds. Each team will represent a major city or geographic region and all will compete for prize money." ESPN continues to have an interest in Busick's vision; this is quite encouraging and a direct result of the strong ratings and positive viewer response when

Mountaineer Cup II and Cup V were televised. According to Busick, this year the TV powerlifting coverage will double. "We've agreed with ESPN to promote two 30-minute powerlifting TV shows within the next year." The televised powerlifting competitions will take place this August at the Riviera Casino in Las Vegas.

In August of the year 2005 powerlifting team franchises will be purchased by business owners, corporations and private citizens. Nick elaborated, "We're working on a future team template based loosely on NASCAR. Corporations will purchase a team franchise and advertise with logos on the lifter's uniforms, much the same way as NASCAR and Formula 1 racecar teams and drivers. If we can combine corporate team sponsorship with extensive TV coverage and sports betting, team powerlifting will be the wave of the future." Sports betting is a wild card that could prove a tremendous boon to the obscure sport. One reason the televised team championships will be held in Las Vegas this year is to perk the interest of the sports betting establishment. If the Vegas sporting books were to list powerlifting as one of the sports on which they lay odds, take wagers and actively promote, a rapid influx of money, prestige and legitimacy

would be assigned to the infant sport of team powerlifting. Nick is optimistic about the prospects, "If we succeed in getting the big sport betting institutions to recognize powerlifting and promote it, the whole sport and particularly the team concept would be catapulted up to the next level. I cannot overemphasize how significant it would be if the legalized betting establishment were to take an interest in team powerlifting."

If all this wasn't enough to make a powerlifter's head spin, in order to keep team powerlifting vibrant and intensely competitive, Nick is working with the NFL Player's Association, specifically with former Pittsburgh Steelers Robin Cole, to lay the groundwork for a powerlifting "draft." The draft would take place each year and the franchised teams would select lifters for the coming season. The order of the selections would be based on how the respective teams finished in the rankings at the end of the prior year. "Robin Cole and I are developing a concept that assumes fifteen regional teams will be in existence." Nick said, "The 15th place finisher from the previous season would be given the 1st draft pick and the 1st place team finisher from the previous year would draft 15th." The draft is designed to ensure parity between the

powerlifting teams and maintain maximum competitiveness among the league participants. Nick and Robin want to avoid a situation where one team hogs or buys the top talent and kills the chances for other teams. Nick feels the draft is a year away from reality. In the meantime in order to provide competitive squads for upcoming Mountaineer Cup in August in Las Vegas, teams will be selected and constructed in a methodically fair fashion. "Teams will be selected based on lifter rankings. The top fifteen lifters under 200-pounds will be paired in reverse order with the top fifteen lifters over 200-pounds."

We asked Nick to elaborate, "For example if the pairings were made today, the number #1 ranked heavyweight, Brian Siders, would be paired with the number #15 ranked under 200-pound athlete. The number #2 ranked heavyweight would be paired with the number #14 ranked under 200-pound lifter... so on and so forth until the number #15 ranked heavyweight would be paired with the number #1 ranked under 200-pound lifter. The idea is to establish balance in order to ensure competitiveness right from the start. This approach will prove attractive to TV audiences, fans and particularly those who wager." In team powerlifting the best aggregate total wins: if the big man on the team totals 2300 and the under 200-pound squad member totals 1900, the combined total would be 4,200. If two squads tie on the combined total the winner is determined by which team is the lightest. A team with members weighing 189-pounds and 342-pounds would be weighing 531-pounds combined. If this squad tied in total with another squad with a combined weight of 525, squad #2 would win by virtue of being lighter. Nick Busick is very specific about future plans and the timing, "In 2005 we will be instituting our first powerlifting draft based on the NFL/NBA draft format. Three draft qualifying meets will occur beforehand and lifters who participate in one of these three competitions will be eligible for the draft. Draft qualifying meets will be held in Texas, California and West Virginia."

The draft itself is scheduled to take place at the conclusion of Mountaineer Cup VI in August 2004. Nick describes how he sees the interrelated events unfolding, "We have already achieved the primary goals of the initial five year business plan we laid out in 1998: we established credibility and successfully instituted the team concept. We secured TV coverage and have run five successive Mountaineer Cup competitions. Now we embark on our second five

year business plan and the kickoff event will be the Mountaineer Cup VI at the Riviera Casino this August in Las Vegas. We want fifteen teams to compete for Mountaineer Cup VII the following August, each team is projected to be owned by a corporation or individual franchisee. We will have a license arrangement for each team. At the end of Mountaineer Cup VI we intend on having our first powerlifting draft." The Mountaineer Cup will take place in Las Vegas on August 13th and 14th of 2004 at the Riviera Casino and will coincide with the IFF sanctioned International Powerlifting Championships. "We have the NFL

player's association endorsement on the entire concept. They are working with us to turn the concept into reality and have been instrumental in helping us mature the process. Robin Cole, former Pittsburgh Steelers great, is the owner of the Pittsburgh franchise." In some ways Nick's ambitious approach puts one in mind of the American Football League when it was launched as a competitor to the National Football League back in the early 1960's. Like the old AFL, there are plenty of pessimistic predictions of doom for Nick's innovative approach - of course the same predictions of doom were plentiful five years ago when Nick

launched the Mountaineer Cup and announced his first five year plan. Now, five years later, he has completed phase I and is about to launch his second 5-year plan; one more ambitious and complex than anything ever attempted in the sport of powerlifting. If he can pull it off the ultimate winner will be powerlifting and powerlifters. With a mass infusion of TV viewers, sports betting and the excitement generated by the team concept, the big winners would be participants and lovers of the sport. Mr. Nick had one final revelation, "I have had some serious interest on the part of major corporations that are interested in purchasing

team powerlifting franchises; it is an ideal time and an ideal way for corporations and private owners to get into this new game at bargain basement prices. When the idea takes off like I expect, owning a powerlifting team franchise would prove to be a really shrewd investment." Just ask those crazy folks who went out on a limb and purchased American Football League teams way back when. Who is to say? Ten years from now team powerlifting could be an integral part of the American competitive landscape and Nick Busick could be hailed as the visionary who developed a unique idea; an idea whose time had come.

Mountaineer Cup VI Team Powerlifting Championship

August 13-14 2004

Las Vegas, Nevada

Competitor Public Notification

Team Seating

	Heavyweight	Total	Lightheavy	Total	Seating
1	Brian Siders	2380	Johnny Vasquez	1416.46	3796.46
2	Bob Hester	1851.86	Matthew Zweng	1906	3757.86
3	Steve Goggins	2281	Isaac Chapa	1438.5	3719.5
4	Beau Moore	2303	Trenton Wade	1416.46	3719.46
5	Evan Whalen	1901.47	Mike Danforth	1769	3670.47
6	Scott Smith	2204	Ricardo Ayala	1455.04	3659.04
7	Sylvester Crumbley	1906	Anthony Conyers	1730	3636
8	Zack Hudak	1934	Alan Haga	1697	3631
9	Ted Isabella	1951	Ted Linn	1669	3620
10	Josh Bryant	1945	Max Solomon	1675	3620
11	Gene Bell	1956.58	Dan Lass	1658	3614.58
12	Art Labare	2105	Ryan LeDoux	1499.13	3604.13
13	Brian Schoonveld	2055.79	Adam Kwiatkowski	1510	3565.79
14	Ed Coan	1967.61	Joe Norman	1576	3543.61
15	Michael Anderson	1984	Bobby Hayden	1543	3527

The above-mentioned competitors are here by publicly notified they have qualified as an individual team member as listed. A written letter of intent to compete is required. Noncompliance will result in disqualification of competitor. The letter of intent from said competitor(s) must be received no later than July 17, 2004 in order to receive certain compensations allotted. Mail, email or fax letter of intent to:

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- ▶ **Lipid Complex:** Essential Fatty Acids in Up Your MASS optimize muscle building hormones, improve joint health, stabilize insulin release and improve nitrogen retention by slowing the digestion of protein and carbs.

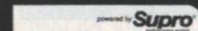
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POWER SCENE



Inductees into the California Powerlifting Hall of Fame included.... Vicky Hembree and Mike Lambert (l), and Don and Fran Haley (r).

Springtime has been a busy time, and **POWER!SCENE** has been all over Southern California and all over the U.S. The first trip was down the freeway to Los Alamitos, where Steve Denison, Manny Sanchez, and Bill Ennis put on the USPF PL & BP Championships, and the first ever California Powerlifting Hall of Fame Induction Ceremony.

Covering lifters and officials from the 1960's to the 1980's, the ceremony honored many of powerlifting's pioneers and

legends. Pat Casey, who did the first 'official' 600 lb. bench (at a YMCA meet in 1961) was one of the inductees. Among the many others were George Frenn, 1967 USPF Sr. Nationals 242lb. champ and a member of the 1972 U.S. Olympic team in the hammer throw, Mike Lambert, founder and publisher of **POWERLIFTING USA**, Vicky Hembree, the first woman in the world to deadlift 500 lbs., and longtime officials Don and Fran Haley.

Congratulations to all the

inductees, and to all the organizers for putting on a terrific event, and then following it up with a PL meet. At the meet were many of California's dedicated lifters, lots of whom we've profiled before, such as Bob Evans, Mari Asp, Brian Meek, Lance Slaughter, and Ken Tate.

Mari Asp hit a PR 292 BP in the 148 class, and she's aiming for a 300 this summer. Ken Tate hit 413 in the 181's, and we visited him the following week at the American Eagle Gym, for a

POWERLIFTER VIDEO workout. We caught Ken on a Saturday morning, and he showed us what works for him. Using only a shoulder width grip (that's narrow in today's world), and having long arms, Ken has benched in the mid 400's, weighing only 176 lbs. We saw his pyramid benching, followed by some heavy dumbbell presses, and some inclines on the Smith machine. Ken's aiming for a BP PR later this year and we wish him good luck.

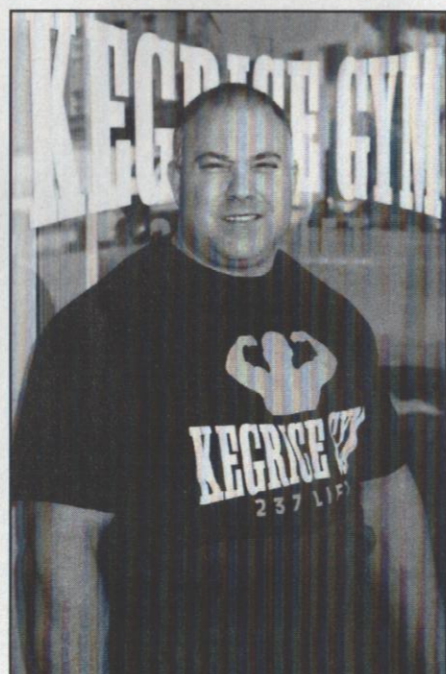
San Diego's James Kegrice



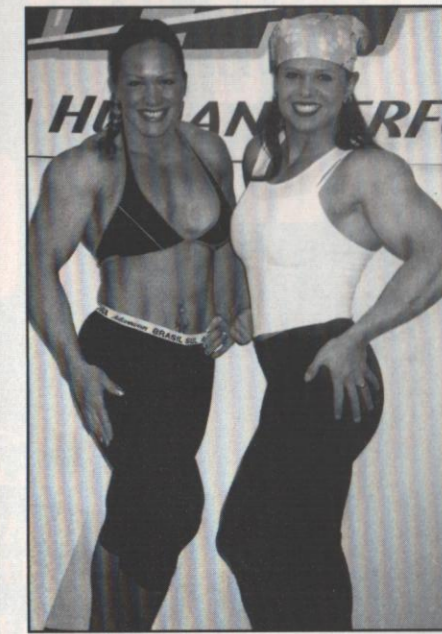
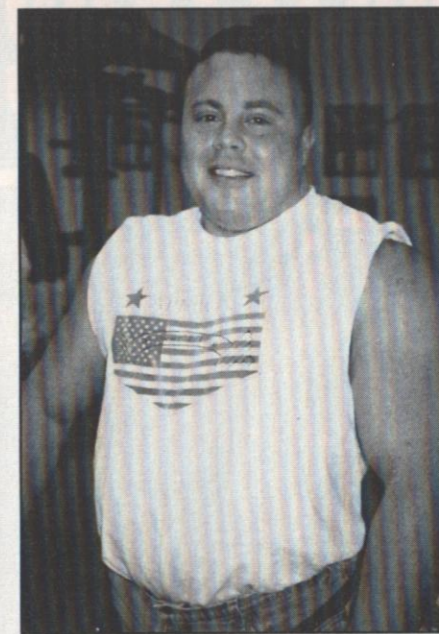
Steve Denison...a dedicated USPF organizer.



Ken Tate...also at the USPF Championships.



James Kegrice...owner of "The Kegrice Gym."



Kara Bohigian...time out from her workout. Scott Albano...2004 Arnold MW Champion Heather Lee (l) and Elena Seiple...real muscle!



Steve Goggins (l) and Jon Grove at the North Georgia Barbell Club.



Gene Rychlak (l), World BP record holder and Mike Miller goof off!

opened his own gym in 2002, and is building a powerlifting team. We visited him one sunny Spring afternoon to see some serious squatting, for another **POWERLIFTER! VIDEO** workout. James was doing reverse band squatting, something we hadn't seen before, and given James's results, it must work. At 198 lbs., and he's been in that weight class for twenty years (is that some sort of record?), James has PR's of 750 SQ, 435 BP, and 725 DL. He's aiming at this July's IPA Worlds in Pennsylvania.

The Kegrice Gym is open 7 days a week, but the hours vary. James says to call him at 619-237-LIFT for info on the gym, and he also wanted to thank his sponsor, Ruen Kloze, an urban clothing company.

After all the trips on the freeway, it was time to get up at 4 a.m. and head for the airport, en route to Georgia. Just outside Atlanta is Jon

Grove's two-year old North Georgia Barbell Club, home to a great group of lifters.

Steve Goggins, Kara Bohigian, 2004 Arnold middleweight champ Scott Albano, Clay Castile, and, of course, Jon Grove, along with many other excellent lifters, all in the same gym at the same time. Wow! And we got it for our **POWERLIFTER VIDEO** piece, with squat tips from Steve Goggins, and bench pressing from Kara, Jon, Clay, Scott and the rest of the gang, which included Mike Lanier, Kevin Cox, Robert Lovelace, and Roger Flynn. Lots of big benching, with bands, boards, and strong team spirit.

Jon's got a great place, and if you're anywhere near Atlanta, visit them, or call them at 770-422-1226. If you can't visit them in person, you can check them out in **POWERLIFTER VIDEO MAGAZINE**, where you'll also see Ken Tate's bench pressing, James

Kegrice's reverse band squatting, lots of other great stuff we don't have space to mention right now, and one more thing we are going to mention.

POWERLIFTER VIDEO finally got out to Mike Miller's Nazareth Barbell in Pennsylvania, and big Mike was a great host. Mike had recently popped a 2510 total, (1050 SQ, 805 BP, 655 DL), and had us visit on Bench Press day, where we did some great videotaping. Mike went all the way up to 800 lbs. using boards, giving tips and advice on set-up and other technique and training topics as he went through his workout and the workouts of other Nazareth lifters.

700 lb. bencher Bobby Fields, national level bodybuilders Heather Lee and Elena Seiple (both training for 300lb. benches), Mike's wife Deb, and team members "Tarzan" Waltz, Kyle Millheiser, Jon Ramsey, Chris Perticari and Bob O'Brien

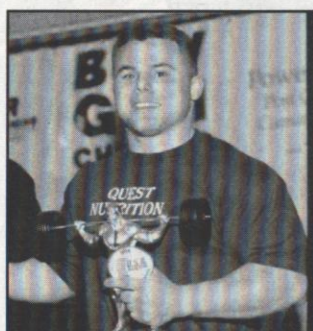
showed us some great bench work, and we wish them all much success. That also goes for bench press world record holder Gene Rychlak, who was visiting that day and giving Mike some big handoffs.

For more info on Nazareth Barbell, check them out on the web at nazbar.com. For more on Heather or Elena, visit their web sites, heatherleenj.com and elenaseiple.com.

Thanks to all the gym owners and dedicated lifters who shared their time and lifting ideas and knowledge with us in our on-going quest to bring the best lifters, coaches and techniques to all our readers and video buyers. For more info on **POWERLIFTER VIDEO**, call 800-227-2355, or visit powerliftervideo.com All regular 50-55 minute issues are just \$22.90 (U.S.), and that includes S&H. 'til next time, stay strong and healthy, and we'll see you on video.

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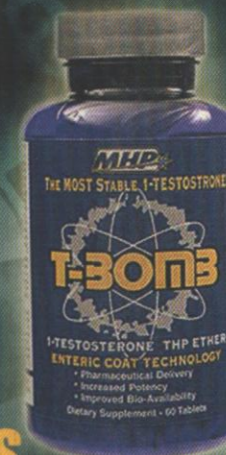
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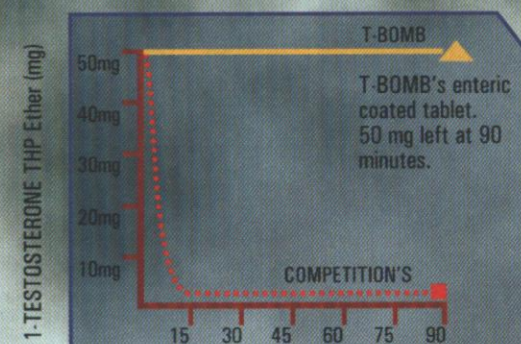
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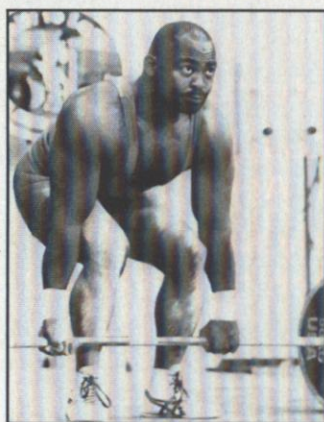
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Steve Goggins at the USPF SRs.



Hideaki Inaba at the '76 Worlds.



Viktor Baranov Russian champ.

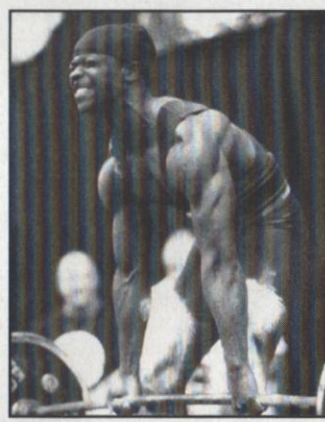
Rank/Points	Lifter	DOB NAT	Bwt(kg)	TOT(kg)	Date	Org.
1-650.637	Fedosienko,Sergei	82RUS	51.75	670.00	12MAR04	IPF
2-647.352	Frank, Garry	64USA	170.50	1272.50	04APR04	APF
3-634.217	Stanaczek,Andrzej	71POL	50.00	628.00	05NOV03	IPF
4-634.162	Coan,Edward	63USA	99.80	1090.00	28JUL91	USPF
5-633.262	Goggins,Steven	63USA	109.90	1125.50	06MAR04	WPO
6-626.172	Kellum, Jesse	65USA	99.20	1073.50	07NOV03	WPO
7-624.404	Palmer,Ronald	73USA	72.62	885.00	28FEB03	WPO
8-623.540	Sivokon,Alexei	73KAZ	67.30	831.00	15NOV00	IPF
9-621.601	Olech,Jaroslav	74POL	66.50	820.00	07NOV03	IPF
10-617.204	Bell,Gene	56USA	82.50	957.50	18APR88	APF
11-615.686	Wessels,Willie	63USA	108.40	1090.00	07APR97	APF
12-615.593	Bridges,Michael	57USA	82.50	955.00	10JUL82	USPF
13-615.562	Bolton,Andrew	70GBR	147.50	117.250	08NOV03	WPO
14-611.818	Vogelpohl, Chuck	65USA	100.00	1052.50	08NOV03	WPO
15-611.414	Turtiainen, Arno	67FIN	124.40	1119.50	12AUG01	WPO
16-611.088	Conyers,Anthony	59USA	75.00	887.50	05MAR04	WPO
17-609.437	Childress,Paul	71USA	140.00	1147.50	06MAR04	WPO
18-608.399	Pasanella,David	62USA	124.80	1115.00	28MAY89	APF
19-607.782	Moore, Beau	65USA	149.20	1160.00	06MAR04	WPO
20-607.458	Mash, Travis	73USA	100.00	1045.00	16OCT03	APF
21-606.153	Papazov, Vitaly	80UKR	121.35	1103.00	07MAR04	IPF
22-604.544	Schwab, Brian	74USA	66.50	797.50	05MAR04	IPF
23-603.397	Sutrisno, Darimin	75INA	59.28	716.00	17MAY02	IPF
24-601.596	McNamara, Gerald	63IRE	59.80	720.00	09SEP00	IPF
25-600.239	Pavlov, Konstantin	73RUS	56.00	672.50	12MAR03	IPF
26-599.652	Gant, Lamar	57USA	60.00	720.00	08APR88	APF
27-598.636	Furazhkin, Viktor	69RUS	76.85	885.00	03OCT03	IPF
28-597.806	Coppin, Edward	60BEL	84.37	940.50	13NOV87	IPF
29-597.280	Stafford, John	76USA	124.28	1095.42	04APR04	IPA
30-595.685	Alexander, Ausby	56USA	73.94	856.00	02APR89	APF
31-595.062	Mikesell, Brent	67USA	151.49	1140.00	28JUN03	APF
32-594.819	Furnas, Douglas	58USA	124.82	1090.00	28JUN87	APF
33-591.792	Shilyakhta, Ivam	81UKR	88.80	960.00	06MAR04	IPF
34-590.287	Crain, Rickey	53USA	75.00	857.29	23NOV96	IPA
35-590.019	Carney, James	67GBR	100.00	1015.00	24OCT93	WPC
36-589.859	Smith, Matthew	74USA	154.50	1135.00	06MAR04	WPO
37-589.809	Gaugler, Rick	54USA	82.50	915.00	14DEC85	USPF
38-589.268	Ruggiera, Michael	67USA	156.04	1136.25	04APR04	IPA
39-589.241	Bradley, Joseph	56USA	60.00	707.50	27MAR82	USPF
40-588.978	Lapshin, Maxim	79RUS	66.80	780.00	02OCT03	IPF
41-588.900	Coleman, Arnold	65USA	88.75	955.00	08NOV02	WPO
42-588.849	Berardinelli, Angelo	65USA	74.50	851.00	28FEB03	IPF
43-587.159	Andryukhin, Mikhail	70RUS	60.00	705.00	12MAR04	IPF
44-586.835	Bayles, Joseph	76USA	110.00	1043.26	04APR04	IPA
45-586.640	Badenhorst, Gerrit	62RSA	138.80	1102.50	14OCT90	WPC
46-586.061	Freydun, Ivan	81UKR	89.85	957.50	07NOV03	IPF
47-585.962	Zolov, Alexander	80RUS	66.95	777.50	12MAR04	IPF
48-585.846	Tarasenko, Andrei	75RUS	90.00	957.50	11MAY02	IPF
49-585.846	Caprari, Anthony	80USA	90.00	957.50	28FEB03	WPO
50-585.273	Dolgov, Evgeni	76RUS	67.30	780.00	12MAR04	IPF
51-584.077	Belyaev, Andrei	83RUS	81.65	900.00	06NOV03	IPF
52-583.800	Barkhatov, Maxim	81RUS	99.00	1000.00	11R1AR04	IPF
53-583.093	Zheng, Matt	72USA	90.00	953.00	24FEB02	WPO
54-582.695	Clark, Anthony	66USA	151.27	1115.84	28MAY93	APA
55-582.160	Avola, Tatu	73FIN	89.75	950.00	07NOV03	WPO
56-581.911	Muravylev, Vladimir	75UKR	127.75	1072.50	07MAR04	IPF
57-581.881	Austin, Daniel	58USA	67.50	777.50	08APR88	APF
58-581.849	Warman, Scott	57USA	117.02	1050.00	25JUL92	APF
59-581.188	Basson, Oan	78ISR	137.50	1090.00	08JUN03	APF
60-580.990	Cole, Jon	43USA	128.25	1071.84	25OCT72	AAU
61-580.238	Kazakov, Ravil	82RUS	59.135	695.00	12MAR04	IPF
62-580.074	Shestakov, Igor	69RUS	74.10	835.00	29NOV03	WPC
63-579.924	Urchik, Paul	59USA	105.40	1017.50	19MAY01	WPC
64-579.804	Zvarvkin, Alexei	79RUS	89.55	945.00	13MAR04	IPF
65-579.766	Baranov, Viktor	67RUS	63.10	730.00	96	IPF
66-579.373	Mursu, Ilkka	77FIN	86.40	925.00	29NOV03	WPC
67-579.040	Suslov, Nikolai	79RUS	109.65	1030.00	14MAR04	IPF
68-578.890	Holdsworth, J. L.	77USA	125.00	1061.40	16NOV03	IPA
69-578.649	Kovacs, Daniel	70USA	144.70	1097.69	23NOV97	IPA
70-578.544	Weston, Brian	69USA	106.95	1020.00	08NOV03	WPC
71-578.497	Arvai, Istvan	72HUN	120.00	1050.00	09NOV03	IPF
72-578.121	Podlynyy, Maxim	72RUS	130.00	1070.00	10DEC01	IPF
73-577.831	Dougherty, Joseph	65USA	82.10	893.58	18NOV01	IPA
74-577.030	Hamalainen, Mikko	77FIN	139.15	1085.00	24FEB02	WPO
75-576.895	Hu, Chun-Hsiung	74TPE	56.35	650.50	13APR98	IPF
76-576.660	Laine, Jarmo	66FIN	75.00	837.50	24FEB02	WPO
77-576.607	Hawthorne, Richard	83USA	54.88	632.50	06SEP03	APF
78-576.565	Malanichev, Andrei	77RUS	127.70	1062.50	02MAR03	IPF
79-576.562	Garcia, Jose	77USA	110.00	1025.00	08NOV03	WPO
80-575.723	Kazmaier, William	64USA	149.69	1100.00	31JAN81	USPF
81-575.542	Hechter, George	61USA	108.86	1020.00	23MAR87	APF
82-575.076	Solovoyev, Alexei	75UKR	109.10	1020.00	06MAR04	WPO
83-574.672	Ozerov, Pavel	80RUS	79.85	872.50	13MAR04	IPF
84-574.584	Danforth, Michael	69USA	82.27	890.00	05MAR04	WPO
85-574.488	Herring, George	59USA	90.00	938.94	10AUG91	USPF
86-574.322	Fusner, Robert	75USA	133.70	1070.00	19NOV00	WPO
87-574.022	Story, Phillip	65USA	117.75	1037.50	07DEC03	APF
88-573.635	Bartley, Marc	68USA	120.70	1042.50	06MAR04	WPO
89-573.609	Pittman, Robert	USA	90.00	937.50	16FEB89	USPF
90-573.239	Lowe, Greg	57USA	117.95	1036.46	21MAR99	USAPL
91-572.802	Starov, Mikhail	73UKR	110.00	1018.32	07JUL96	IPA
92-572.727	Naleykin, Sergei	81UKR	82.00	885.00	09MAY03	IPF
93-572.703	Fedorenko, Yuri	74RUS	99.95	985.00	04OCT03	IPF
94-572.60.1	Patterson, Kenneth	72USA	99.40	982.50	05MAR04	WPO
95-572.326	Hooper, Wade	70USA	74.85	830.00	24FEB02	WPO
96-572.258	Noren, Lars	61SWE	140.16	1077.50	15NOV87	IPF
97-572.151	Nichols, William	58USA	117.02	1032.50	22NOV87	WPC
98-571.879	Yvshnitsky, Alexei	81UKR	99.10	980.00	07NOV03	IPF
99-571.830	Karwoski, Kirk	66USA	124.60	1047.50	28JUL96	USPF
100-571.561	Konstantinovs, Konstantin	79LAT	121.80	1041.00	24OCT02	WPC
101-571.434	Ware, John	60USA	155.58	1101.10	29JAN89	APF
102-571.431	Inaba, Hideaki	44JPN	51.70	587.50	13NOV87	IPF
103-570.937	Farmer, Phillip	69USA	110.00	1015.00	16JUL95	APF
104-570.787	Thomas, Walter	45USA	89.50	930.00	07NOV81	IPF
105-570.488	Medvedev, Igor	80RUS	106.70	1005.00	14MAR04	IPF
106-570.471	Gay, Daniel	USA	82.50	885.00	29JUN86	APF



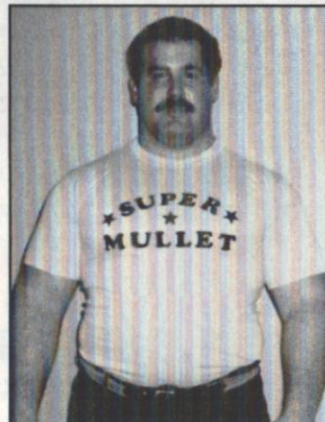
Darimin Sutrisno of Indonesia.



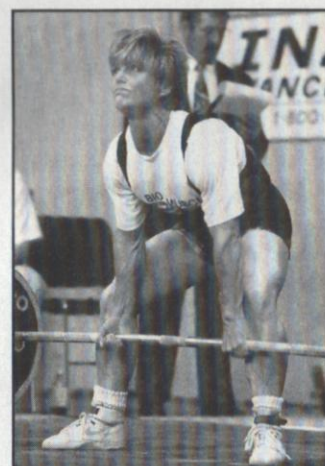
Joe Bradley at the 11th Worlds.



Richard Hawthorne, the prodigy.



George Hechter reduced from SHW to 242 with great results!



Mary Jeffrey...has excelled as a great champion many times.



Pricilla Ribic is moving up fast.



Becca Swanson...so incredible!



Laura Dodd...Ohio lifting talent.

Women's All Time Greatest Powerlifter Ratings (as of 4/15/04)

by combined Wilks/Malone Formula averages as compiled for PL USA by Herb Glossbrenner

Rank/Points	Lifter	DOB NAT	Bwt(kg)	TOT(kg)	Date	Org.
1-597.915	Swanson, Rebecca	73USA	108.20	860.00	05MAR04	WPO
2-586.928	Weisberger, Amy	65USA	59.42	589.67	12APR03	IPA
3-577.326	Kudinova, Marina	77RUS	67.00	638.00	25FEB03	IPF
4-573.677	Bohigian, Kara	75USA	66.80	632.50	07NOV03	WPO
5-572.794	Eltsova, Tatyana	78RUS	55.85	547.50	10MAR04	IPF
6-569.491	Tatarova, Irina	75RUS	58.50	565.00	10MAR04	IPF
7-568.007	Nikolaenko, Svetlana	81RUS	51.70	510.50	26FEB03	IPF
8-562.733	Revva, Maria	77RUS	59.70	567.50	10MAR04	IPF
9-559.220	Mills, Jill	72USA	80.00	697.50	29NOV03	WPC
10-557.500	Filimonova, Inna	76RUS	55.80	532.50	26FEB03	IPF
11-556.696	Avigliano, Nance	56USA	59.50	560.00	25AUG02	WPC
12-554.910	Grimwood, Tamara	64USA	81.19	698.53	15APR95	IPA
13-554.189	Boudreau, Carrie	67USA	54.90	522.50	21JUL95	USPF
14-550.945	VanDeweghe, Stephanie	55USA	74.34	655.00	13DEC98	APF
15-550.722	Dedyula, Svetlana	75RUS	74.80	657.50	24MAY03	IPF
16-549.796	Scanlon, Julie	76USA	73.48	648.53	20DEC03	IPA
17-549.737	Abramova, Irina	74RUS	59.50	553.00	02DEC00	IPF
18-548.598	Gibson, Vanessa	69GBR	55.60	522.50	09NOV96	WPC
19-544.969	Shafer, Ruth	59USA	63.96	580.60	22NOV83	USPF
20-543.270	Belova, Oxana	75RUS	51.60	487.50	26DEC99	IPF
21-542.539	Zhukova, Elana	72UKR	72.80	636.00	22MAY99	IPF
22-542.310	Guminska, Lesya	80UKR	67.10	600.00	27FEB03	IPF
23-542.310	Ribic, Priscilla	72USA	67.10	600.00	31JAN04	USAPL
24-541.882	Reshel, Dawn	55USA	86.64	709.42	15MAY88	APF
25-541.726	Tesleva, Svetlana	75RUS	43.20	425.00	25MAY00	IPF
26-541.620	Mazaylova, Evgenya	82RUS	79.90	675.00	11MAR04	IPF
27-539.650	Lafina, Olesya	79RUS	45.90	442.50	26FEB03	IPF
28-538.675	Warman, Mary	58USA	59.60	542.50	10NOV96	WPC
29-537.608	Hyser, Victoria	73RSA	56.00	515.00	10NOV01	WPC
30-535.509	Dmytruk, Olena	83UKR	53.90	497.50	02MAR04	IPF
31-535.474	Chan, Cien-Ming	76TPE	55.60	510.00	99	IPF
32-534.762	Nelubova, Valentina	66RUS	59.80	540.00	29NOV02	IPF
33-534.593	Solovyeva, Larisa	78UKR	59.85	540.00	02MAR04	IPF
34-533.802	Borodkina, Viktoria	79RUS	66.65	587.50	11MAR04	IPF
35-533.553	Dmytruk, Oxana	83UKR	51.80	460.0		

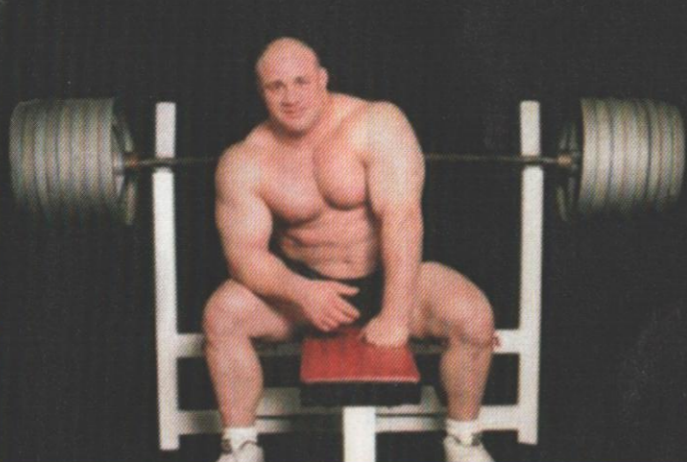
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Kermit "Killer" Citron, 19-0 (18 KO)

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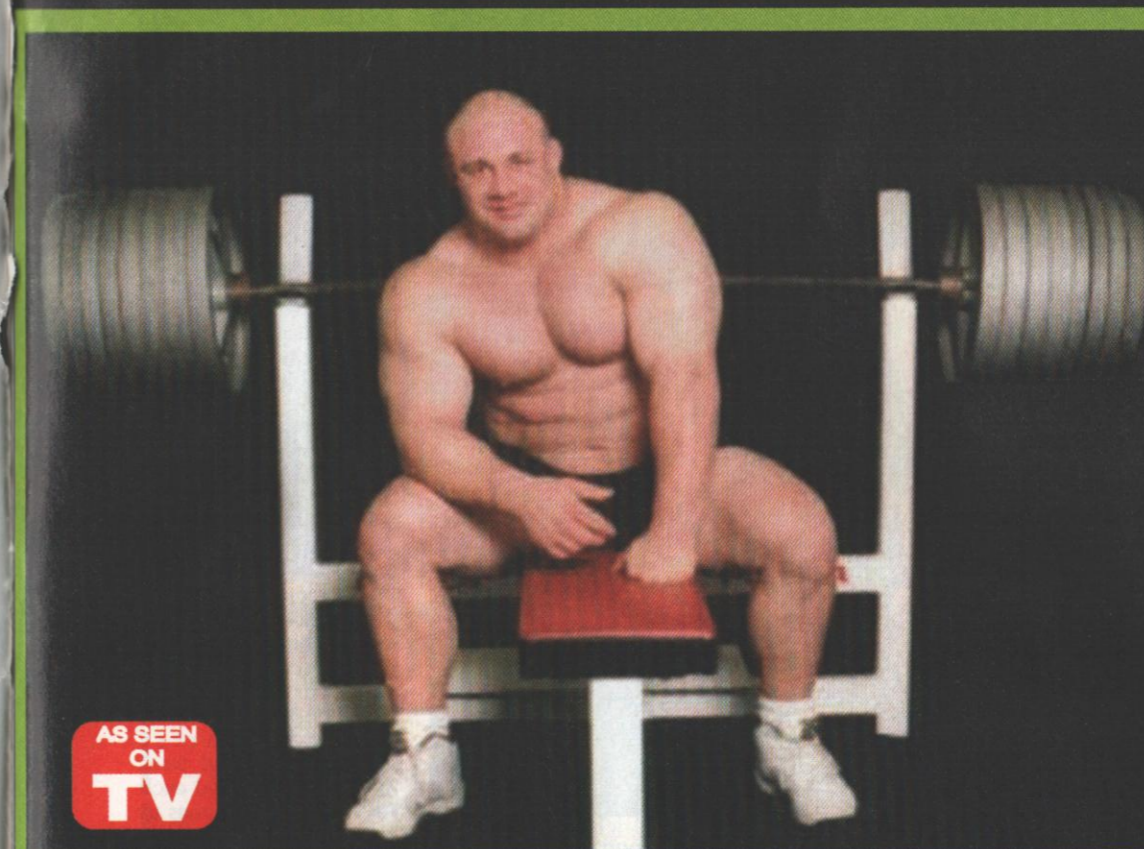
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Learn the 5 Secrets of the World's #1 Bench-Presser

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AS SEEN ON TV

Scot Mendelson: World's #1 Bench-Presser
9 World Records, 875.6 lbs. and 713 lbs. Raw — Speed = Power

It's difficult to imagine a 300 lb. man with a six-pack. Then again, it's difficult to imagine any human bench-pressing over 800 lbs.

Scot Mendelson is an NYU graduate and the world's top bench-presser, with 9 world records and a 875.6 lb. bench-press in competition. He has bench-pressed over 1,000 lbs. in training more than many professional athletes can squat and deadlift combined.

Although Scot can squat 1,000 lbs., he emphasizes: "I'm a bench-press specialist."

For aspiring bench-press specialists, Scot offers the following 5 tips for building world-class upper-body power:

(continued at bottom left)

1) Put your back into it:

The use of proper technique makes the primary movers the back (latissimus dorsi), triceps, and rear delts. On a standard 15-17" bench, pull your shoulder blades together so the shoulders rest on, and not

off, the bench's surface. This shortens the distance from the chest to full extension and eliminates your arms' weakest range of movement.

2) Train for triples:

Dedicate one work-out per week to the

bench-press, performing 5-8 sets of 3 reps with 5-7 minutes between sets. Use 60% of your 1-repetition maximum (1RM)...

For Scot's complete training schedule and full world champion training profiles, visit www.bodyquicken.com today.

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What is Active Release Techniques™ (ART)?

Active Release Techniques™ (ART) is a non-invasive treatment for soft-tissue injury which uses active motion and tension to separate adhesions that limit range of motion and muscular contraction.

ART was developed by Dr. Michael Leahy, veteran of 17 Ironman triathlons and doctor to, among others, Olympic gold-medal sprinter Donovan Bailey, Bill Phillips of EAS, Gary Roberts of the NHL Toronto Mapleleafs, Olympic strength coach Charles Poliquin, and Mr. Universe Milos Sarcev. In the decade since the formal patenting of its methodologies, Leahy and certified ART practitioners have prevented 100s of surgeries previously viewed as the sole options for treatment of various soft-tissue trauma.

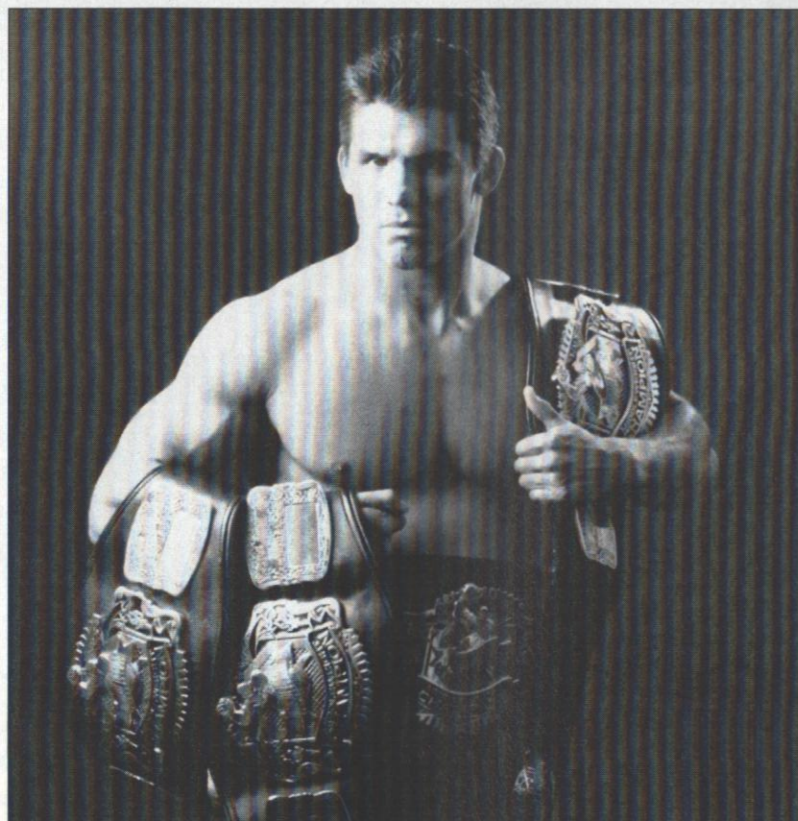
ART sessions are 5-15 minutes in length, and approximately 95% of client injuries can be successfully treated in 1-6 sessions (average of 10-60 minutes per injury). "Soft-tissue injuries" eligible for ART treatment exclude ruptured disks and broken bones, but include common martial athlete adhesions, such as: -rotator cuff impingement/pain; -tendonitis; -low-back strain; -post-concussion syndrome; as caused by neck strain; -ankle/wrist sprain; -shin splints; -hip flexor impingement; -carpal tunnel syndrome.

**Case Study
Frank Shamrock and BJ Penn: Fast and Effective Fighter Medicine**

Frank Shamrock was introduced to Janzen & Janzen Sports Health Clinic in San Jose, California in the summer of 2001 and had his first ART treatment in July 2001 when he was rendered unable to walk following an acute lower back injury during training.

"I didn't expect anything different. I had seen more than 30 chiropractors throughout the world over a 16-year period for lower back pain and numbness in my leg. With the training injury that prompted my visit, I couldn't raise my head above waist-level, and I was sleeping on the living room floor in the fetal position. I had always been told one of two things by orthopedists and various MDs: I would need to have my vertebrae

**The New 15-minute Injury Solution:
ART and Frank Shamrock
as told to Powerlifting USA by Tim Ferriss**



Frank Shamrock, 5-Time Undefeated UFC Champion.....had a 30°→90° flexibility increase for a damaged tendon with his 30-minute ART regime.

fused, or simply tolerate the pain of an injury that was irreversible. Based on past experience, I was certain that I would need to cancel the K-1 kickboxing fight I had scheduled for one month later."

Dr. Mike Janzen of Janzen & Janzen felt differently. "Frank's case was just like the other professional fighters and athletes we've seen. He had been told that his options were to suffer through permanent pain, mask the pain with drugs, or undergo invasive surgery and extensive rehabilitation requiring abstinence from training. Within 4 sessions of approximately 10 minutes each, a total of 40 minutes, we had used manual tension and movement of the muscle fascia to eliminate the cumulative scar tissue and adhesions that created the pain in his lower back. In other words, Frank was carried out of the gym on his trainer's shoulders on Thursday and was training at 100% the following Tuesday. 16 years of pain was removed in less than an hour of total treatment time." Three

weeks later, Frank won his K-1 fight by first round KO.

Frank has since made Dr. Janzen his official doctor for fight preparation and recovery; recommended the same treatment for BJ Penn, Brazilian Jiu-Jitsu World Champion; and used ART to restore range of motion to his left shoulder (preventing surgery), right shoulder, hamstring, mid-back, ribcage, and feet.

Two weeks prior to the November 2nd 2001 UFC, BJ Penn's lower back pain was treated successfully in two sessions of 15 minutes. BJ knocked-out a heavily favored Caol Uno in 11 seconds of the first-round.

What is an ART session?

An ART session is active, as the name would imply. Doctor and patient are collaborative partners in a process dependent on the trained analysis of the former

and guided motion of the latter.

The author first visited Dr. Mike Janzen after reading an article about ART in *Muscle Media 2000* magazine. In lieu of arthroscopic shoulder surgery as recommended by an orthopedist associated with the Los Angeles Lakers, I used an introductory offer to visit Janzen & Janzen for an evaluation of my rotator cuff injuries, which were a cumulative debilitation after 5 years of collegiate wrestling. Range of motion: Elevation to, but not exceeding, shoulder level. **First session:**

Following a review of my X-rays and previous medical treatments, Dr. Janzen performed a series of strength analysis exercises designed to identify functional weaknesses and structural damage indicative of adhesions between muscle fibers and connective tissue (ligaments and tendons). Nerve impingement, common in the brachial plexus with shoulder adhesion, was also assessed for treatment. First visit assessment duration: 15 minutes.

Second session: Dr. Janzen guided me through five Active Release movements designed for treatment of the rear deltoid and four rotator cuff muscles: infraspinatus, subscapularis, supraspinatus, and teres minor. I performed each ART motion 6-8 times as Dr. Janzen directed my mechanics while applying thumb pressure between the

muscles, separating adhesions and permitting the muscles to contract and elongate along the full length of their attachments. The technique involves moderate pain, which is a byproduct of the process that makes it effective. Second visit and first treatment duration: 15 minutes. Range of motion: Full overhead extension with no pain. Yes, 5 years of injury repaired in 15 minutes. According to

**30 Minutes of ART:
30°→ 90° Flexibility Increase for Damaged Hamstring Tendon**
(Frank Shamrock, 5-Time Undefeated UFC Champion)

**45 Minutes of ART:
30lbs.→ 275lbs. Bench-Press Increase with Torn Rotator Cuff**
(Keith Grames, San Jose Seahawks Professional Rugby)



Frank Shamrock...back in the ring, after A.R.T. therapy. (Courtesy Ferriss)

testimonials from ART patients worldwide, my results are not atypical. The cost-effectiveness is profound when calculating the accrued expenses of other options: surgery, rehabilitation, drugs, and cancelled training classes.

How to find an ART Provider:

ART generally costs between \$45-100 per session and is categorized by select health insurance plans as "myofascial release". Check with your healthcare provider for limitations and coverage.

For complete articles, additional case studies, and information about ART, visit the Janzen & Janzen Sports Health Clinic website at www.healthysolders.com or call (408) 379-0133. Certified ART practitioners in your local area can be identified by referencing the official ART website, www.activerelase.com, or by calling (888) 396-2727.

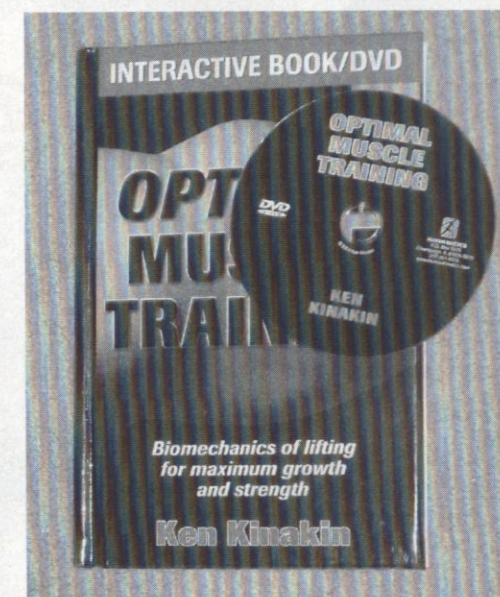
Readers can find additional articles and resources at www.adaptagenix.com.

Timothy C. Ferriss has been featured by media worldwide, including Maxim, CBS, and The Philadelphia Inquirer. He is a guest lecturer at Princeton University, a member of the American College of Sports Medicine, and Director of Research at Adaptagenix Applied Biosciences. He can be reached at tim@bodyquicken.com and more articles of his can be found at www.bodyquicken.com.

“A RT should be a permanent part of any athlete's preparation, training, and recovery.”

Frank Shamrock,
5-Time Ultimate Fighting Champion

OPTIMAL MUSCLE TRAINING "The Biomechanics of lifting for maximum growth and strength" by Ken Kinakin is this just another training book? no way. First off, this is a book AND a companion DVD, which opens an entire new dimension in weight training instruction. Second, author Ken Kinakin is not just a chiropractor, and a certified strength and conditioning specialist, and a certified personal trainer. He's been a bodybuilder and a competitive POWERLIFTER for over 20 years, as well as a member of the Canadian and International Powerlifting Federation Medical Committees, and a renowned speaker on weight training, injury treatment, rehab, and nutrition. Ken's is the "optimal" approach, indeed, merging the appropriate exercise science with his effective chiropractic expertise to produce results in the "real" world, where athletes face career ending injuries and waste years in the training room trying to overcome unknown weaknesses. In Chapter 1, Dr. Kinakin optimizes the strength training approach in relation to existing weight training dysfunctions. Chapter 2 assesses one's overall readiness to train with weights, and Chapter 3 establishes a practical link between each individual muscle's function and correct exercise movement. Chapter 4 presents a very unique and useful "risk-benefit" concept for analyzing the appropriateness of individual weight training exercises. There's even a very usable guide for designing personal training programs in Chapter 5. The big time bonus is the interactive DVD, included in the binding of the book, which represents a profound opportunity for self-understanding, what with the rich synergy between these printed words and the directly complementary visual demonstrations. (P.S. ... buyers of OPTIMAL MUSCLE TRAINING also receive special access to the 'members only' section of Dr. Kinakin's website, with detailed description of additional exercises, printable versions of the sample forms referred to in the book and on the DVD, plus additional chapters on rest and recovery, and even more beyond that!) OPTIMAL MUSCLE TRAINING is a multi-media approach to personal strength development, written by a broadly acclaimed professional, who actually LIFTS in PL competition himself! Order your copy now, \$27.95 US plus \$4 shipping and handling to Powerlifting USA, Post Office Box 467, Camarillo, CA 93011, 800-448-7693 (Visa/MasterCard/Check/Money Order, California Residents please add 7 1/4% state sales tax)



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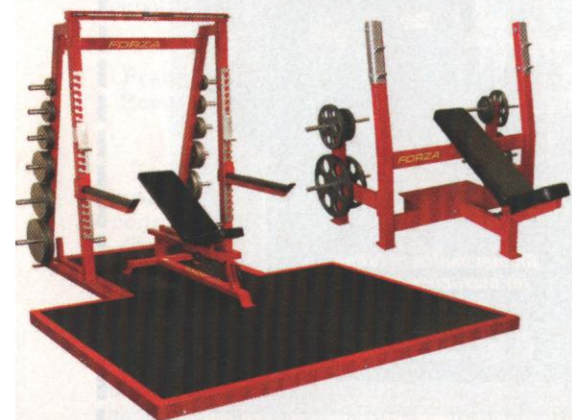
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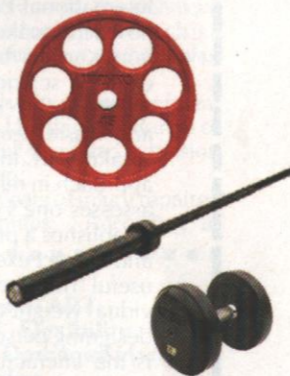
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The HardCore is designed by the powerlifting gear experts and is patented with two U.S. patents.

New CoreLock^o prevents slipping of the legs without constricting your thigh. (leg slippage is a major cause of slack in butt area in other brands).

Squeezes the body like a powerful wrap, ensuring support even in the top range. The perfect amount of non-stretch and rebound combination.

Unlike another company's attempt at a premium suit that has shown to fail with repeated blowouts, the HardCore is virtually blow proof as proven in recent top level competitions.

The design and thickness of material provides a level of comfort that, until the HardCore, has been a non-existent feature of squat suits.

HardCore material is over 40% heavier than the closest fabric on the market.

Compared to the HardCore, a competitor's attempt at a stepped-up fabric is so light weight you can see right through it. (Instead of paying their premium price for a lesser suit, consider the proven, world-record-breaking Champion and Z Suits are a much better price and value).

HardCore material was engineered and created to exact specifications for powerlifting gear. A first.

A true investment and long term savings. Until now squat suits have been a replaceable item. Now with the HardCore, you won't need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.

Does not sag or get baggy in the butt as is known of a competitor's attempt at a premium suit. Only HardCore has Memory^o which retains its shape and power after every use.

The largest research and development production ever in powerlifting gear technology. Only Inzer Advance Designs could bring this new evolution to the powerlifting world.

Built for all squat stances and styles. After you pull the crotch up and secure the HardCore legs in place, the CoreLock^o will help your legs stay firmly planted whether you use wide stance, ultra wide or close.

The bottom line: When fitted properly, you will squat significantly more in a HardCore, over a longer time and with more comfort and safety. You will move the increased poundages with greater ease than ever before!



A FEW OF THE POWERLIFTING GREATS WHO RELY ON THE HARDCORE



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Last month we almost did a reenactment of a Jack-The-Ripper scene, with Big Mike of Nazareth Barbell doing the bloody work. Sensing that former cops are loads of fun - in the gym & at parties too, and out of deference to my old cop-friend Ronnie Coleman (trivia bit: did you know that the current Mr. O' has appeared in *PLUSA* magazine, training with Steve Goggins?) we now go visit another southern cop. Well actually a former cop named Joe Ladnier. But the important thing is, this guy has no neck. That's an important physical feature to remember in case someone tries to choke you, or you have to choke them. If shoulders flow through very large traps, straight to the bottoms of their ears - remember not to get into a grappling situation with them. They cannot be choked.

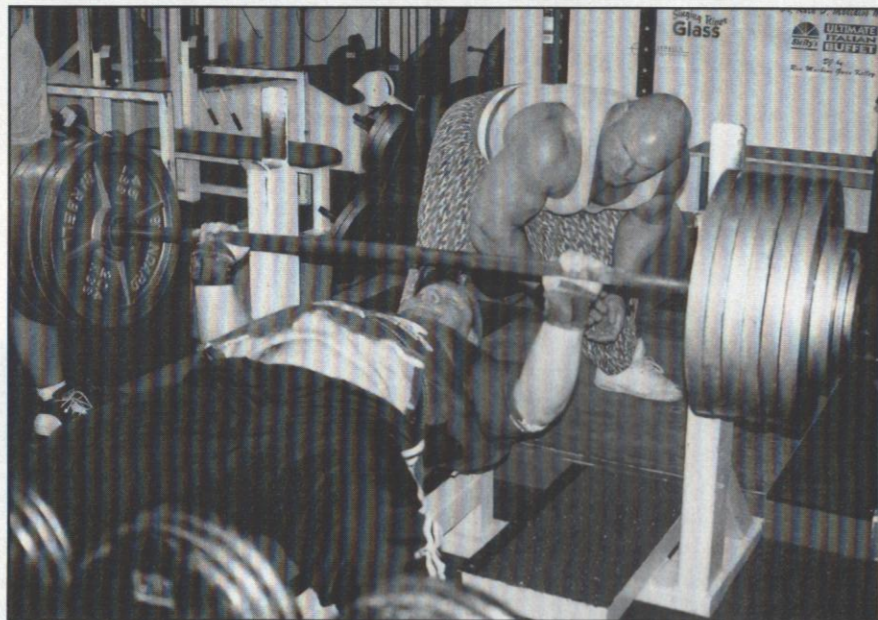
Actually, this no-neck lifter is a really nice guy with a really crazy hobby: sometimes he competes as a bodybuilder! I know, I know; it's perfectly acceptable to wear your thong in public these days (and Michael Jackson is perfectly normal, too) - but it's still strange behavior for a powerlifter. Remember: **Groove Briefs - OK, thongs - bad.** Well, OK, this is a guy thang - you ladies wear whatever you want! I still remember the time meet promoter Sandi (CandyAss) McCaslin showed us her thong in the booth at the Arnold, whoops - I got off track again! Back to the topic-at-hand; Pascagoula, MS.

Remember the song "The Day The Squirrel Went Berserk" in the First Self-Righteous Church, in the sleepy little town of Pascagoula? It was a very funny song which came out before some of you were born. The point is; Joe was born in Pascagoula, which is a very small town in Mississippi - so don't hold any odd habits against him. He started lifting with his uncle when he was 11 years old, but only on machines in a local spa. Tried gymnastics in 3rd through 5th grade, where he got his first taste of wearing a singlet. (Remember: **Singlets are OK, but thongs are bad.**) He started playing football in 6th grade. After the 9th grade football season, he started using free weights in his lifting. Joe's coach entered him in his first high school powerlifting meet after 10th grade football, where Joe met Larry Plumlee (former 220# Jr. National Champion). Larry invited Joe to train with his team (The Mississippi Ironmen), and he was **hooked!**

Joe has competed as a

HARD CORE GYM #32

Joe's Powerpit Gym by Rick Brewer



Joe....spotting a bench presser in the 'Powerpit Gym.' (Photos courtesy of Rick Brewer)

powerlifter and bodybuilder from the age of 15 on. In January 1980, Joe lifted in his first AAU powerlifting meet with The Mississippi Ironmen. At the meet, Joe met Fred Hatfield (who was conducting a seminar). By the end of high school, Joe had won 3 Teen Nationals with best lifts of **667# squat, 457# bench, and 705# deadlift at 198#.** Not bad for a teenager! Then, as now, Louisiana Tech actively recruited strong powerlifters, but Joe declined and went to a Jr. College so he could train for the Sr. Nationals in Dayton, OH. While there, he met Larry Pacifico - who offered him a job working with his Elite Powerlifting Team. This job with Larry Pacifico (who has 9 consecutive World titles) further developed Joe's skills.

Other lifters who helped or inspired Joe included virtually everyone (too many to list) in the history of the sport from Lamar Gant to John Inzer, the Bridges bro's to Eddy Coan, Larry Pacifico to Gus Rethwisch, Ernie Frantz to Mark Chaillet, and Chucky Dunbar to Bill Kazmaier. I had to shorten the list a lot, because it looks like every lifter of stature has contributed in some way to Joe's success. Larry Pacifico and Fred Hatfield seem to have offered the most useful help & friendship. PeeWee Herman didn't make the list.

Life highlights: doing exhibitions & seminars for a living in early 1980's, going into Law Enforcement in 1988, detached right patella tendon - squatting 901 in training, donated 60 trophies to MD in 1987. Favorite meet? Gus

Rethwisch's Hawaii meet in 1984. Favorite lifts? 1980 Teen Nat's in the 165#'s: 525SQ - 325BP - 585DL (gave trophy to dad for birthday!) 1983 Sr. Nat's in the 220#'s: 837SQ - 523BP - 749DL = 2110 (first 2100# total in the 220s). When he was only 19, Joe edged out the famous Fred "Dr. Squat" Hatfield and world champ James Cash!

Best Gym Lifts? 960SQ, 725BP, 832DL. Odd lifts (these are for you "Real McCoy"!): 1100# 1/4 SQ, 1500# leg-press, 1035 DL lockout, and a seated behind-the-neck press of 385#. If that doesn't make the injured shoulders cringe, nothing will! (Right, Kirk Stroud?)

Joe went through 4 police academies (did nobody like you, Joe?), and then worked as a Bodyguard & Private Investigator. In 1982, he switched from law enforcement to underground utility work. Still unsatisfied, he finally got to the point of this saga; when he started a gym & personal training business! **Joe's Powerpit Gym!**

OK, so Joe is really strong, and he has no visible neck, but what makes the POWERPIT different from a chrome-plated spa-lady fitness-center with spinning classes and plants in the locker-rooms? Why would a powerlifter go to this gym? According to Joe, for 3 reasons: (a) the atmosphere, (b) to have Joe correct your form or help you master your suit or shirt, or (c) because they serve the hottest crawfish & coldest beer on the coast right next door! OK, maybe those aren't in the right order.

Joe, tell us - how can you help us dumb powerlifters? "People come from all over, either for me to correct their form or to help them master their suit or shirt. Some just get to a sticking point in their training. I have the only mono-lift squat rack in the area. It's also the only gym around here that totally supports the lifter that is on the platform lifting, meaning that when you're up...your music goes on with you and it's loud and everyone is focused on you! Every lifter that has come here has hit PRs."

Cool. Mastering BP shirts, and/or SQ & DL suits is a rare skill and well worth a trip if you're in the area. (This is a recurrent theme.) Tell us about the people. Who trains there now? "Well, one guy is 23 year old Christian Simmons. Eight months ago, he came to me as just another gym bodybuilder. Just a few weeks ago, I had him in the APF Southern States in Daytona Beach Florida,

where he squatted 903# in his first meet! Louis Langlanias (198#, 58 YO Masters Lifter) just squatted 600#. Rebecca Phelps (148/165# HOP powerlifting beauty) drove down for a few workouts and was benching 230# at the time. She recently hit 315, and a near miss with 330. Tammy Thomas was driving 5 hours each way to the gym; her best squat was 380 - after 4 training sessions she hit 518 at my meet in October!"

Wow! Sounds like it is worth a trip even if you aren't in the immediate area! Driving 5 hours each way - double wow. Dedication like that must be earned. That is 'farm-dog' dedication. Speaking of that...

I remember a gym from my youth where a few lifters worked out barefoot. A few real live backwoods hillbilly lifters come pungently to mind, who never wore shoes in the gym. (No offense - I have many hillbilly friends!) I always cringed when weights dropped or rolled around, since it would easily crush their bare feet. But I much preferred that to a Bally's I trained at years later. They wouldn't even let me wear my hat - or leave my gym-bag on the floor while I worked out. Where was I supposed to put all my PLing gear? I know I'm way off-track here, but I hate dress codes. Back to MS; is there a dress code, Joe? "NO, and it's not unusual to see someone in powerbriefs or squat suits in the parking lot!" OK Joe, I'm sold! I wanna come! But back to our original thoughts about the fact that you have no apparent neck - what



Joe..... at his 'Powerpit Gym' giving training and support during a squatting session.

are your measurements & stats? "I'm 5'7", 262#. Chest is 53", arms are 22", waist is 36", thighs are 30", calves are 19", and yes - **my neck measures 22".**"

Before we leave Joe Ladnier's POWERPIT GYM, let me say that Joe's birthday is 10-14-63 in case any ladies want to take him a present. Come back next month

when we look at another gym run by a lifter with a really big bodypart; his head. I have long known that bigger heads yield bigger benches. Stay tuned to find out more!

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The biggest obstacle for Elite lifters is displaying efforts from training at meet time. I frequently hear of lifters taking their openers before the meet. If the lifters at Westside were worried about their openers, we would not go to the meet.

What is the proper method of tapering your training for the meet? Much depends on the weight class you are lifting in. The heavy weight classes may need more time to reach full peaking.

Leading up to any meet, the training should be divided into 3-week waves. For squatting, the months before the meet should consist of light speed strength work, 10-12 sets of 2 reps, with less than 60-second rest intervals. This results in good form and raises work capacity and, above all, builds speed strength qualities, which is important in order to exhibit maximum force production.

We focus on maximal speed with submaximal weights. With max speed, 154 pounds can produce 264 pounds of force. Most training sets average 40-50% of our top meet squat, but remember, we squat on a box. For one wave we may use a blue band (200 pounds of tension at

TRAINING

DELAYED TRANSFORMATION

as told to Powerlifting USA by Louie Simmons

the top) or a green band (120 pounds of tension at the top) with three sets of 5/8 inch chain correctly hung from the bar (120 extra pounds at the top), or a purple band (80 pounds more at the top). It is essential to constantly change the rate of bar acceleration by different means. We may also use weight releasers with about 12% of our best squat weight, or the lightened method, where bands are hung from the top of the rack to support, or lighten, the bar load at the bottom of the lift.

DELAYED TRANSFORMATION. After

heavy training, such as the circa max phase, one cannot get any stronger. This is due to the accommodation effect of the near-maximal efforts over a 3-week phase. The logical thing to do is to reduce the training load. This improves the lifter's strength or performance by transferring the previous training weeks into performance growth.

The circa-max squat phase is very strenuous. It consists of 6-10 lifts close to max to achieve strength speed, leading to a gain in absolute strength. You must change the training volume, not the exercise. If not, no satisfactory result will be achieved. Two

to four weeks are needed for the realization of better results at contest time. Only the top Elite powerlifter should use the circa-max method, which is using weights between 90 and 97% of a 1-rep max. It is very severe, and most at Westside use it for meets. We recommend that a 4-week deloading occur (including the week of the meet) after the circa-max phase.

Here is an example, using Paul Childress's final 6-week training period before a meet. Leading up to the seventh week, Paul uses a high volume system of training, working on speed strength exclusively, with weights ranging from 40 to 55% for 8-12 sets of 2 reps. When Paul starts the circa-max phase, it looks like this:

Week 1: 455 for 5 sets of 2 reps plus 500 pounds of band tension.
Week 2: 475 of 4 sets of 2 reps plus 500 pounds of band tension.

Week 3: 500 for 3 sets of 2 reps plus 500 pounds of band tension.

Week 4: 500 for 5 sets of 2 reps plus 250 pounds of band tension.

Week 5: 500 for 4 sets of 2 reps plus 125 pounds of band tension.

Week 6: 500 for 3 sets of 2 reps, no bands.

Week 7: meet result: 1052 at 308.

At the Arnold Classic this year, Paul squatted 1085, a world record.

If this extremely heavy workload would continue up to meet time, he would likely fail to make a big squat because not only CNS fatigue but also physical and emotional fatigue will occur. This explains why a 4-week cycle, or mesocycle, is needed to validate the previous training and to express it at the meet. During this deloading phase, not only the number of workouts, but also the number of exercises per workout are reduced. The last 4-week phase calls for full restoration and calmness. Fewer bar exercises are performed and more specific exercises for building hamstring, glute, low back, and ab strength are done along with stretching.

By stopping the circa-max phase so far out from the meet, Paul is able to do a max effort day three days later, on Monday. On this day, he will do triples in the 80% range. This pendulum training system works in direct line with the 3-week pendulum wave that I have repeatedly written about. The fourth week is, of course, the meet.

How many weeks of deloading that are necessary depends on your level of preparedness. Anu Turtianen uses a similar circa-max phase and then a 2-week deloading phase. He recently squatted 1080 at 286. His bar weight varies from 540 (50%) to 628 (65%) plus a couple of singles at 705. The band tension is 220 at the top and 100 at the bottom.

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Chuck Vogelpohl is the lightest man to squat 1000, at 220. His best squat is 1025. His circa-max phase looks like this:

Week 1: 455 for 5 sets of 2 reps with 375 pounds of band tension at top.

Week 2: 555 for 4 sets of 2 reps plus 375 pounds of band tension at top.

Week 3: 575 for 3 sets of 2 reps plus 375 pounds of band tension at top.

Because of Chuck's high level of fitness, he uses 2 weeks to deload, lifting at the meet on the third week, realizing a total delayed transformation.

One must learn to balance the very intense training while preparing for a meet with the efficiency to produce a high total at meet time. At Westside this is done with a system of yearly, monthly, and weekly (macro-, meso-, and microcycles, respectively) cycles for the dynamic and maximal effort days.

Of course, delayed transformation occurs in bench pressing and deadlifting as well. There is no need to take an opener the week before the meet.

In summary, delayed transformation occurs by reducing the number of exercises of all types to reduce the total training load due to the period of nonimprovement that is caused by accumulated fatigue. This deloading for 3 weeks leads to an increase in strength. Its purpose is to prepare the lifter for a major competition. The higher the level a lifter achieves with a greater work capacity, the longer the delayed transformation is carried out. For those with a lower work capacity and usually a lower rank, the delayed transformation phase is shorter because they don't endure the same extreme rigors as the more advanced lifter. Lower skilled lifters don't use the same amount of muscle fiber as top lifters.

Our lifters at 275 and above always require a longer time to peak or realize the training loads as a high meet result. Even when a contest is not close, the total volume must be waved up and down to achieve high results in a yearly plan. Change your exercises continuously to help recuperation. We at Westside never do the same exercise on max effort day 2 weeks in a row. This is to avoid accommodation. The more exercises you do in a yearly plan, the more fully prepared you will be.

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Paul Childress squatting in the WPO competition (M. Lambert).

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What do beer and pizza, cookies and milk, and lifting belts and lifters all have in common? They go together. Where you see one, you see the other. The vast majority of lifters in gyms wear a lifting belt of one kind or another. The challenge for powerlifters is to use lifting belts optimally. Effective use of a lifting belt use can definitely increase results and safety, but on the other hand, misuse can actually weaken a lifter or increase chance of injury.

The oldest and most common form of lifting belt is the thin, narrow in front, wide in back type worn by the Olympic lifters we've all seen on TV. This type of belt may work for them, but not necessarily for the powerlifter. Olympic lifters tend to lean back during execution of their lifts, while powerlifters tend to lean forward during their respective competitive lifts. That critical difference requires more support in the front of the torso for the powerlifter. Legendary all-time great lifter, Lamar Gant, realized this long ago and wore the aforementioned thin in front, wide in back style belt backwards so the support would be in the front of his body. Belt makers soon caught on to this logic and marketed belts that are the same width around the whole circumference with the discerning powerlifter in mind.

Physiologically, a lifting belt allows the abdominal muscles to push against it during exertion. This aids in stabilizing the spine, giving the lifter greater power, stability and support. This increase in intra-abdominal pressure also lessens pressure on the spinal disks. Reduction of spinal pressure results in a lower chance of disk injury.

This pushing also works your abs in the process. Gant was not only the greatest deadlifter of all time, but was on the cutting edge of powerlifting technology as well.

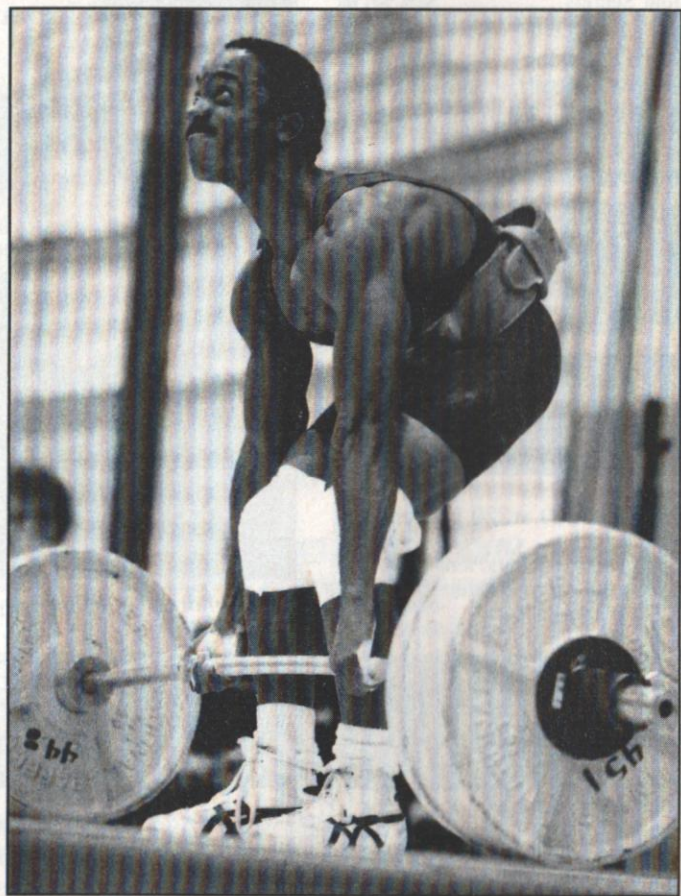
The down side of this is that constantly using a belt hinders a lifter's abdominals to work and grow stronger. The belt becomes a crutch and limits ab development. The optimal answer is to limit use of a belt to only sets of 3 reps or less. This method allows your abs to develop on the lighter, higher rep sets while providing the lifter benefits on heavy, low rep sets. This can pay dividends in your life outside the gym. Many retail stores, like hardware stores, provide and require employees to use pseudo-lifting belts to wear during work to "protect" them while they are lifting merchandise on the job. What many stores have found is numerous employees end up injuring their backs while off work. The reason is simple, since they wear belts at work, the belt substitutes for strong abs. When they lift objects off the job without belts, they tend to have a greater tendency for injury due to

STARTIN' OUT

A special section dedicated to the beginning lifter

LIFTING BELTS

as told to Powerlifting USA by Doug Daniels



Lamar Gant, USA's most successful IPF Champion, sometimes turned a conventional 4" belt around so the buckle was in the back.

underdeveloped ab strength.

I struggle with using a belt for the bench press. First, compared to the deadlift and squat there is less pressure on the spine. Next, use of a belt restricts your arching ability which increases the distance a lifter must press the bar to lockout. But if you absolutely, positively must use a belt to bench, use a thin one, not a double or triple thick belt used for squatting. One justifiable use for a belt while benching is to help keep your bench press shirt on tight. Put the shirt on and loosely cinch the belt around your waist to better hold it in place to prevent slippage.

I also do not recommend wearing a belt while doing assistance work like overhead presses, pull-downs, curls, tricep work, etc. There is simply no need

for it. Let your abs and other torso muscles work during your entire workout keeping you supported and stable.

Another key consideration is how tight to cinch the belt. The tighter the belt, the more support, but that can have its drawbacks. First, if worn too tight, it could result in breathing problems or even worse, elevate heart rate and blood pressure. If worn too high above the waist, it could bruise or crack a rib. Good judgment and common sense is the best solution to belt tightness and placement. If shortness of breath or pain results, it's too tight or too high. You may require two helpers to get a belt on extremely tight. Have one helper pull on the belt and the other hold the lifter and fasten the buckle or

lever. A no-brainer would be to draw the belt tight just right before you take your attempt or set.

Immediately after the set, loosen or remove the belt. As always, common sense is the right answer.

There are various types of belts. Most are made of leather, which is your best choice. Belts also vary in thickness. Some are single layered; others are double or even triple thickness. Most belts come with buckles, but some designs use a 'lever' to open and close. I would suggest trying both to see what works best for you. As with all power gear, I can't emphasize enough to not try any new gear at a meet for the first time. This also goes for degree of tightness and belt placement around your waist. Use your competition gear in training so you know how it works. This will help prevent costly surprises. Bring a backup belt in case your main belt gets lost, stolen or breaks. If you have to borrow one, lower your attempts to reduce the risk. The same goes for degree of tightness.

Powerlifting rules do not require you use a belt, unlike a one-piece singlet or shoes. Traditional rules limit the width of the belt to 10 centimeters and the thickness to 13 millimeters. This eliminates yard-wide-in-the-back belts worn at prissy health spas.

To be sure, check the rules of the organization you compete in beforehand to avoid problems of illegal equipment.

I hope this article has given you a few things to think about concerning lifting belts. A lifting belt can be a definite positive in competition and training. Using it optimally can mean higher totals and reduced chance of injury. But it is key is to know when and how to use one. Strengthen your abs and torso muscles by not relying on a belt during your non max, higher rep sets and assistance work. Of course, abdominal exercises like crunches are required and should be part of your training program.

Combining the lifting belt with stronger torso muscles can only enhance your lifting results and combo goes right up there with the beer and pizza!

Doug Daniel's
Web address:
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"What lies behind us and what lies before us are tiny matters compared to what lies within."

Ralph Waldo Emerson

Dan Gable was without question the greatest Greco-Roman wrestler of all time. The Eastern Bloc countries searched the ends of the earth to find someone to challenge Gable, but no one they found even came close to testing his greatness. He always surfaced as a man among boys. He was just that awesome. He was at a level almost beyond human comprehension. For all of his greatness though, Dan Gable worked harder than any wrestler who ever lived. He woke up every morning thinking about wrestling, he went to bed thinking about it, he dreamed about it. Why? Because it wasn't enough to be just great, he had to be the greatest. He had to be the best wrestler who ever walked the face of the earth. He was totally committed to that dream. Totally committed to excellence ... greatness. It wasn't enough for him to just wrestle at a "world class" level, Gable wanted to win — he had to win, he had to be a champion. He was intrinsically driven to be the very best of the best. He was totally committed to excellence.

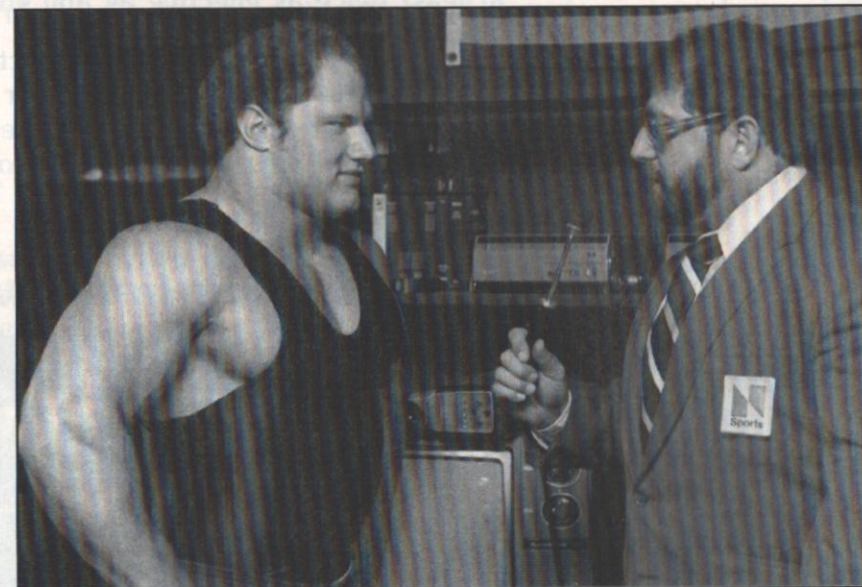
Michael Jordan is another guy cut from this same fabric. Without question he was the greatest basketball player on earth, or anywhere else for that matter, but no one trained harder than Jordan did. No one! Jordan couldn't stand mediocrity. He was totally driven to excel, and he did what ever it took to obtain that goal. He was totally committed to excellence. He never gave less than his very best. That's why he is the best there ever was ... that's why he is JORDAN!

What was it that made Gable and Jordan so great? Attitude ... major attitude! They didn't play for money, trophies, or social status. They played basically for one reason ... to be the very best that they could be. They pushed their heart and soul right to the very edge of their breaking point in order to succeed. To a large extent their absolute commitment to excellence was where their greatness manifested itself.

You win medals not by chance but by preparation. Everyone has the will to win, but few have the will to prepare to win. The difference between the possible and impossible is commitment. Once you are committed to excellence

DR. JUDD

Commit to Greatness as told by Judd Biasiotto Ph. D.



Committed to greatness ... Joe Ladnier interviewed by Larry Pacifico in 1983. (McCain)

you can make real magic happen. An attitude that demands excellence brings about excellence. In fact, a positive attitude is the fundamental ingredient for success in life. Commitment to excellence seems to be the common strain between great athletes—they all tend to pledge their mind, heart, and soul to greatness.

Over the years I have come to believe that the people who are successful in the world aren't the most talented ones or the smartest, or the luckiest, or necessarily the bravest. The ones who make it are the ones who are doggedly determined to succeed. They are just plain tenacious. They refuse to be beaten and they are totally committed to succeed. In other words, the difference between being mediocre and great is not a lack of skill, not a lack of power, not a lack of intelligence, but rather a lack of commitment. Success demands singleness of purpose.

Your attitude sets the stage for either success or failure. I've seen athletes with a great determination and resolve, go beyond the boundaries of what most individuals thought was their breaking point. On the flip side I've seen athletes with a poor attitude fall far short of their capabilities. An attitude that is committed to excellence directs our minds, and our minds direct us.

Lou Holtz says an interesting thing. He says "your talent determines what you can do, Your motivation determines how much you are willing to do, your attitude determines how well you will do it." You have to have the self-discipline to do what ever it takes to excel. You have to be willing to push yourself to the very limit. Willing to do what ever it takes to be great and willing to give everything you have. Willing to pay a price for what you want in life. When you are committed to excellence, when you have an attitude that screams out "NOTHING LESS THEN THE BEST" then you are on the road to greatness.

That is the type of mind set you will see in most elite performers. They are like Iranian terrorists. To beat them you have to kill them. I'm not just talking about athletes either. You will find that type of attitude in most really successful people. They give you nothing less than their very best. No matter what the circumstance. It doesn't matter how far ahead they are or how far behind, they are going to give you everything they are worth every second of every minute. They are relentless. Like a pit-bull with a bone. They are simply committed to their goals. They will push themselves to the limit both mentally and physically, often overlooking

pain and discomfort. Not only do they spend long hours in preparation and work, the time they spend there is "quality" time. People who have purpose, heart, and determination are people who rule the world. As Martha Graham has said "Great dancers are not great because of their technique: they are great because of their passion."

Let me warn you about this too, never bet against anyone who is committed to excellence, because 99 percent of the time you will lose.

The worst athletes to compete against are the ones who are committed to excellence, the ones who are functionally autonomous. They are intrinsically driven. They could care less about external rewards like money or trophies. They compete for the sake of competing. They are driven from within. These types of guys are relentless. They never quit, they never give up. Their volition is like tempered steel. They may bend a little, but you will never break these guys. You may beat them now and then, but you will never break them. They are totally committed to excellence. And they will do whatever it takes to obtain greatness.

I will say this too, the greater your commitment to excellence the greater your chance for success. Do you remember what the great sixteenth-century Spanish conquistador Hernan Cortes did when he would invaded the shores of another country. He would immediately burn his own ships so that his men had no choice but to fight ... there was no retreat ... they would either conquer there or die there. Going back home was not an option. That's commitment. If you want to be the very best you can be you have to be willing to push yourself to the very limit. You have to have the self-discipline to do what ever it takes to excel. Willing to pay a price for what you want in life.

Commitment to excellence! That is the magic elixir of every successful man's quest. It's not education, being born with talent, or having money. It's commitment to excellence. You have to be devoted to a purpose in life. You have to want to accomplish that one goal more than anything else. You have to want to be the very best. As Dorothy in the Wizard of Oz said "You need a mind to think of ideas, you need a heart to believe in your ideas, and you need courage to pursue your ideas." When you do that, then into the stars you go.

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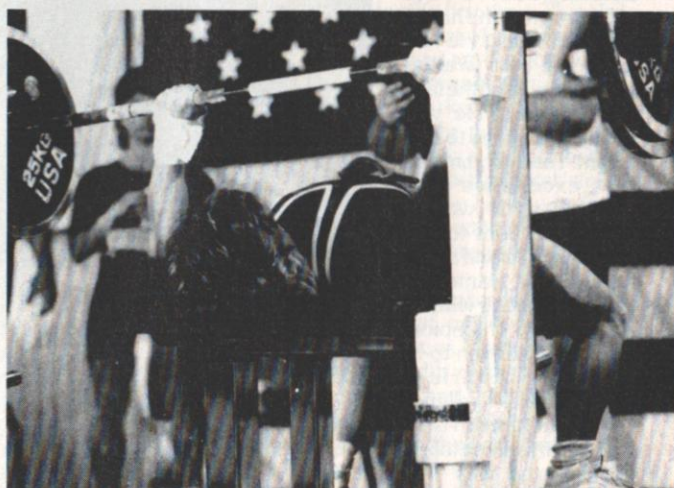
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ASK THE DOCTOR

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

Dear Mauro: I'm a veteran powerlifter with over 20 years in the sport. I've been in prison the last 8 years so I haven't had the best of conditions. I'm been plagued with injuries and have had endless problems with mainly my back and shoulders but it seems that I don't recover from my workouts nearly as well as I used to. I have limited protein intake in prison and I don't use any supplements other than a multiple vitamin. I'd like to get your opinion on any supplements that might help, including glucosamine. I need some evidence that it helps joints so that I can convince the medical staff that it would be worth trying and better than surgery. I've been doing some crude hyperextensions since the equipment isn't all that great in here. Is there anything else I should or shouldn't do? Please let me know about any recommendations and advice. I am anxiously awaiting your suggestions. Thank you very much in advance. - Ron

Dear Ron: I read your letter and had a look at the MRI and X-ray reports you included. First of all they're not all that bad everything considered. I certainly wouldn't go the surgical route with any of it. For example, bulging discs and some spine degeneration are found in many people, even in the 30-40 age group. X-rays taken for other reasons often show incidental bulging discs in people that are not having any discomfort or pain. As far as exercise, the reverse hyperextensions should be part of your regular routine. If you warm up properly, do some stretching and work up slowly, you should be able to do just about anything as long as you listen to your body. Basically what you need is something to help you recover and to speed up the healing process. As such, I think that using nutritional supplements would help you considerably, especially since you've had limited use of supplements in the past decade. If you can, I'd try and use a protein supplement and something like my Joint Support, or at least a supplement that contains the main ingredients. Info on my Joint Support, which should be useful for you, and also info which will give you an idea and some evidence of which supplements, including glucosamine, chondroitin, collagen, etc., have an effect on injuries and arthritic problems, can be found on my web site <http://www.metabolicdiet.com>. All the best in your training. - Mauro

Dear Mauro: I was wondering if you could recommend any exercises or supplements I could use to help aid the repair of my pec rupture. Training is going excellent. I have gained 17 pounds in 4 weeks, but I am wondering if I am spinning my wheels since I could be doing something else to help aid the repair of my injury. Your feedback is appreciated.

Dear Reader: The exercises I would recommend are the ones where you can precisely control the movement and make adjustments if necessary. Machines are great for that, with some obviously better than others. For example, the Hammer Strength upright bench machine would allow you to do that. You can vary the grip and motion to suit the amount of pec you want involved in the movement, and the tracking is precise enough that there are no surprises. It's also easier to back off is you get a twinge that something is giving way. I'd also recommend that you really work on strengthening your triceps, delts and lats. All three, along with strengthening the torso - something that will help your stability, will help you in the bench and will decrease the amount of work your pecs have to do. If you're looking for supplements to help you heal and build up, then I'd use the following, in order of importance. You can read up on all of them at the MD+ store at <http://www.metabolicdiet.com/>. 1. And most important - Joint Support - use on a regular basis. Here's what one chap wrote today when he ordered it: Comments: the joint support

is an excellent product. I simply can work out more intensely without the muscle soreness that accompanied previous workouts without this product. Customer: Al. 2. GHboost and Myosin Protein - both are used before bed and will increase GH/IGF-I and help the healing process. You can use both with TestoBoost (all three are my NitAbol mix). Best regards, Mauro

Dear Mauro: I'm a 33 year old powerlifter. I have a very successful powerlifting career for the past 6 years with best lifts of 280-200-295-765. While preparing for the 2003 Nationals I encountered some low back pain and subsequent diagnosis revealed a grade 1 spondylolisthesis at the L5-S1 level. I believe that forcing an exaggerated arch while benching has to some degree led to my problem. I am currently doing prescribed lower back stretching and lower back stabilization exercises but I have so much lower back pain that I cannot squat or deadlift effectively. In the November, 2003 issue of PL USA I read of a lifter named Steve who, with your advice, resumed successful lifting after being diagnosed with an L5-S1 herniated disk. If this lifter resumed training after a herniated disk, is there some chance I will ever resume lifting again? - Rob

Dear Rob: I received your letter about your grade 1 spondylolisthesis. This is a difficult issue to discuss with you without having examined you and watching your lifting technique. In general, however, I can tell you that I've seen lots of lifters do very well with a grade 1 spondylolisthesis, although there have been others who gave up on heavy squats and deadlifts. The hallmark of dealing with the problem is to thoroughly strengthen the entire torso including the abs, and the hamstrings, prior to getting back into the heavy lifts. I had one experienced powerlifter in his late thirties who developed severe back pain, was diagnosed with grade one spondylolisthesis, and then started working his abs hard and did lots of lat pulldowns, chins, reverse hyperextensions, and lots of hamstring work over about a one year period. About half way through he started doing deadlifts and squats again. He changed his style going to sumo in the deadlift, keeping his back very straight to decrease the pressure and the tendency for slippage, and widening his stance in the squat and keeping straighter here as well. He also decreased his arch in the bench, and contracted his abdomen and hamstrings more when he did arch. By the end of the second year he breezed by his previous max lifts. Now I'm not saying that everyone with spondylolisthesis can do this well. However, the presence of spondylolysis or spondylolisthesis by themselves doesn't have to be an insurmountable problem for a lifter as long as he or she is aware of and listen to their bodies, and takes things slow. It's very important to be seen, treated, and then followed up on a regular basis by a therapist who knows what he or she is doing when it comes to dealing with spondylolisthesis and how to deal with the problems it represents to powerlifters. I'm not familiar with any out your way but one of the best where I am is Ken Kinakin, a sports chiropractor who incidentally just put out a book that was published by Human Kinetics.

I'd also recommend that you take my Joint Support on a regular basis as this will help strengthen the tissues involved. As well, it'll be useful for not only the pain you're experiencing now but also to help you to train more effectively. Let me know if you have any questions, and of course how things go. Best regards, Mauro.

Dear Dr. Di Pasquale: I did some research on one of the ingredients in your TestoBoost formula: Vitex Agnus Castus. In olden times it was also known as monk's pepper and was given in copious quantities to reduce libido and sexual function in monks and nuns. I also read that Vitex is given to increase the amount and efficacy of luteinizing hormone which promotes ovarian function and the production of estrogen and progesterone. My question is how does Vitex support Testosterone when all the information I'm getting says it does the opposite? Sincerely - Sean

Dear Sean: VAC decreases prolactin and increases LH secretion. In women this affects ovarian production of estrogen and progesterone. In men, these factors affects testicular function and increase testosterone secretion. The mechanism for this is thought to be the anti-estrogenic effects via its weak estrogenic binding with the estrogen receptor. Since estrogen is an important regulator of the hypothalamic-pituitary axis, decreasing its effect on this axis results in an increase in the activity of the hypothalamic-pituitary-testicular axis resulting in an increase in LH which in turn increases testicular steroidogenesis and subsequent testosterone production.

As far as it being used to reduce libido and sexual function, that's a myth rather than reality. The reasons for the use of this herb throughout history, and the misconceptions about its use, makes for interesting reading. Best regards, Mauro

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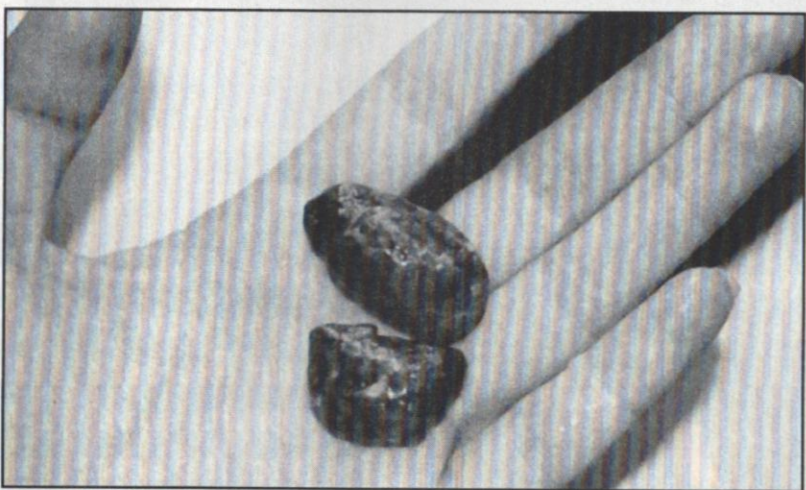
Q: I first would like to say that I have been a reader of *PLUSA* for over 15 years and it has always been the top magazine for Powerlifters bar none. I think it is great that you have come on board with the magazine and opened up a whole new area of interest to powerlifters with your Power Nutrition column. I have learned more from your column in the past couple years than I have anywhere else in regards to proper meal planning and proper nutrition for the powerlifter. My question is a little different than some of the other ones that you may get. I am hoping that you will take the time out of your busy schedule and answer it in your monthly column. This is because I feel it will not only help me out, but tons of other lifters in the same boat. The first thing that I want you to know is that I am 37 years old and I have been powerlifting for close to 20 years. I have set many national records in my time in several different weight classes. I am also a chemically enhanced lifter and have been using anabolic steroids over the past 15 years on and off. I have used numerous different steroids ranging from different types of Testosterone to Trembolone to Anadrol and Dianabol. You have mentioned over and over how important it is for the chemically enhanced lifter to cleanse the body of impurities and keep the organs working in a healthy manner to make sure that the side effects of steroid use are minimized. I have had different side effects here and there but the thing that got my attention the last time that I went to my doctor was that my liver enzymes were very elevated. They were close to triple what they should be. This really alarmed me and made me realize that if I don't take care of my liver health this can turn into a major health problem for me. Now I know that a lot of lifters that are using pharmaceuticals do come to you for advice and consultations to keep their health in check so I was wondering if you could please help me out. I need to get my liver enzymes back in order so please help me out. I will do whatever you say and will listen to your ideas no matter how exotic they may sound. I have to get my liver enzymes down to a decent level so please help me with my serious problem.

Name Withheld by Request
A: Well thank you for your kind words. It's nice to know that I have

NUTRITION

Power Nutrition Q&A

by Anthony Ricciuto, B.Phed C.F.T. S.P.N. S.W.M. F.T.



The size of these stones that one can carry in their liver is astounding. (Ricciuto)

following out there that look forward to my column every month to find out the latest in sports nutrition geared for the powerlifter. In response to your question, I would like to start off saying that nutrition and proper natural supplementation is very important for the chemically enhanced lifter. Nutrition for the natural lifter is also very important, but for the lifter using pharmaceuticals it is actually even more important. Especially when we are looking to keep the lifter healthy year after year. Many lifters consult with me to help them maintain their health and inform them on how to protect their organs from the different pharmaceuticals that they are using in their training

program. Now because you use pharmaceuticals I don't want you to think that I am going to jump down your throat like some type of goody two shoes. This isn't my place to do such a thing. In my business I work with a lot of drug free world champions, but even more chemically enhanced world and national champions. Just to let you know this does not just include powerlifters but athletes of other sports. I have realized in my profession that pharmaceutical enhancement is part of the sports game. No matter if it's illegal or not, athletes of all sports who are looking to take their performance above and beyond will use performance enhancing drugs to help

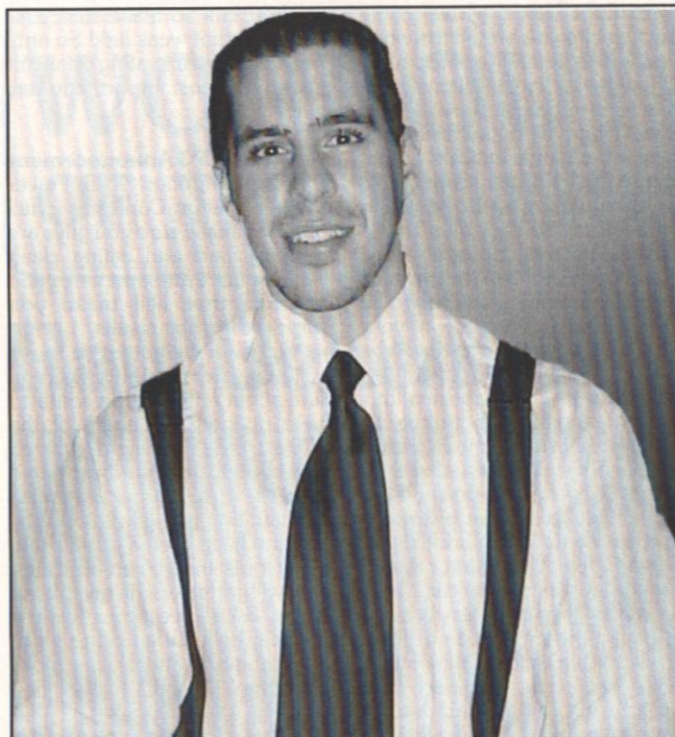
accomplish this. My job is not to judge anyone, but my job is to make sure that I take your performance to the next level and keep you healthy at the same time. With the info you sent me I see that your liver enzymes are all out of whack so to speak. This is something that has to be taken care of because if you ignore this it can have some dire consequences down the road. I could go into all the scientific and medical terms here, but I feel it would be best to save this for a future article where I can go in depth and explain things in full. First off when assessing what to do with you, I have to understand what type of pharmaceuticals that you are using. Now you mentioned to me you used different types of injectables like Testosterone, Trembolone, as well as orals like Anadrol and Dianabol. What you have to understand about different steroids is that they are used and absorbed and processed by the body in different manners. Injectable steroids pass through the liver once where as orals pass through the liver twice. This is part of the reason for the increased strain on the liver. They also affect different organs more than others do. The harshest steroids that can be used are the oral ones like your Anadrol, Dianabol, Halotestin, Methyl Test, Cheque Drops as well as your injectables like Winstrol and Trembolone. These are some of the most toxic to the liver when compared to other steroids like Anavar or Sustanon.

Next we need to look into what we can do to help get those enzyme levels down and to cleanse the liver of all the toxins that you have built up due to your steroid use over the past decade. Now I have a lot of tricks up my sleeve for not only increasing your performance but also to keep your health in check. This is one reason why so many pro strength athletes whether they are drug free or chemically assisted consult with me. Now I am not going to give out all my tricks and methods here in this article as I save that for my private clientele, but I will give you a brief layout and some good ideas that will help bring your liver back up to speed. There is one supplement that I recommend for all my "Enhanced" lifters to use.

The name of this product is called LIV 52. This special formula is a must for those on a steroid

cycle. To tell you the truth, going on a cycle without using this supplement is just not a smart move. Since many powerlifters are using heavy androgens during their cycle to jack their strength up, protecting the liver is of utmost importance. These androgens are also some of the hardest on the liver so not taking this supplement is like driving a race car at 200 mph without wearing a seatbelt. As you can see with the above example, this is not a move in the right direction. This special formula is a combination of many different types of herbs that are geared towards regenerating the health and function of your liver. It is actually a herbal formula that is based upon Auyurvedic Medicine. Just in case you didn't know Auyurvedic Medicine is based upon many natural theories from India. Now before you go off on an ignorant tangent thinking that this must be some mumbo jumbo from the Far East, give it a try. Before you dog it open your mind just a little because you will be praising its effects when your liver scores are much improved. I have my athletes use this product before, during and after a drug cycle to keep their liver enzymes from going through the roof. I have had some of my "assisted" lifters that have had problems with elevated liver enzymes in the past use this supplement. When they had their blood tests done at the end of their cycle they were not elevated. This is a sign that this formula can definitely benefit and protect the liver in more ways than one. LIV 52 was introduced to the market in 1955 so it has had its time on the

scene. What is even more amazing about this product is that it has had over 300 different studies done on it. It works through protecting the hepatic parenchyma. What also differentiates it from other formulas is that it acts as a dextoxifier. Not only this, but also this formula has antioxidant properties to boot. What this means in plain English is that it will help destroy and neutralize a wide variety of toxins not only from the environment but also from the "Pharmaceutical Arsenal" that you are taking as well. LIV 52 is known the world over by many "Elite Athletes" that have extensive pharmaceutical programs to keep them at the top of their game.



Anthony Ricciuto this is the Man Behind x-tremepower.com

Now you are probably wondering what is in this formula and how would you go about incorporating it in your program. Well, just to let you know about some of the ingredients in the formula here it goes.

Tamarisk (Tamarix Gallica) - This herb is effective as a digestive aid and is known for its hepatic stimulating effects.

Negro Coffee (Cassia Occidentalis) - This is a digestive tonic and also lends support to liver function.

Yarrow (Achillea Millefolium) - This herb has stimulating effects on the liver.

Wild Chicory (Cichorium Intybus) - This herb will increase bile secretion. It will also act directly on liver glycogen stores. It is a very powerful Hepatic stimulant and can even aid in digestion.

Capers (Capparis Spinosa) - This herb is known for its liver

protecting abilities. It can also improve the efficiency and function of the liver due to its stimulating effect.

Black Nightshade (Solanum Nigrum) - This one is very important for the enhanced lifter. It has been shown to improve liver and kidney health in different cases of liver toxicity that is caused by the ingestion of different drugs.

Arjuna (Terminalia Arjuna) - This is another very important herb as it has been shown to help regulate hepatic cholesterol biosynthesis and has a tonic like effect on not only the liver but the heart as well.

So as you can see LIV 52 is quite an extensive formula. What I recommend for my "enhanced" lifters is that you start taking the supplement at least 4 weeks before you start your pharmaceutical program. The below plan would be advised for a male over 220 pounds that is using a pre contest pharmaceutical cycle. It would be used for those using injectables and orals in their program with the cycle lasting anywhere from 8-24 weeks. The cycle would also be medium to high in dose as many use before a national or world championship competition.

During the 4 week period leading up to your cycle I would recommend taking 6 tablets per day broken up into 3 tablets 2 times per day. This should be taken half an hour before meals on an empty stomach. Now when you start your cycle I would then increase it to 12-18 tablets per day depending on what types of steroids you are using and in what doses. Your weight, gender, past drug history and medical background are other variables as well. This would be broken down over 4 daily doses half an hour before your meals. If at the beginning of your cycle you were using orals then I would recommend keeping the highest dose of LIV 52 during the initial 4-6 weeks since this is when the most liver damage will occur. This is the time that will most affect your liver enzyme count so we have to keep the "Enzyme Monster" at bay during these critical times. So if you are using heavy orals for the first 4-6 weeks keep the dose at 12-18 tablets per day. After the orals are discontinued then the dose can be brought down to 9-12 tablets for the remainder of the cycle. At the conclusion of your cycle, LIV 52 should be maintained in your auxiliary program for the next 8-12 weeks at a dose of 9 tablets per day. This is not the only way to incorporate this formula into your plan, but will be a basic layout for those using a medium to heavy cycle. If you want to know more about this product take a look at this web site at www.yourliverhealth.com It will give you some information to help

you better understand how it can help protect your liver. As I have said before, I will keep you on the cutting edge of many different facets in sports nutrition to keep you ahead of the game!

If you haven't heard of this amazing supplement then it is time for you to reap its protective benefits. Remember you only have one liver to live with. If you just take your enhancement program as child's play your liver will not be so forgiving to you in your latter years. Your liver is one of the most important organs of your body so don't just think that it won't happen to you and ignore the warning signs. Every assisted athlete should be thinking about his long-term health. Your powerlifting career will not last forever and when your time for stardom comes to a close you have to make sure that your life isn't coming to a close as well.

Cleansing is another area that must be done post cycle. With my elite athletes I perform many different cleanses on their body throughout the year. This is to make sure that any toxins that they have built up from their "Enhancement Program" will not cause the damage that they could if they stayed in the body and in your bloodstream. One such cleanse is a liver and gallbladder dextoxifier. I will tell you a story about just one of my clients who decided to give it a try. This one client was a skeptic from the beginning. Even with the nutrition plan he was hard to convince that it would help his performance. But trying to tell him not to be stubborn and to use his head about keeping his organs on the up and up from proper natural supplementation and cleansing was another story. He felt it would do nothing for him. He thought I was some type of new age yoga geek that was going to help him reach nirvana as I burnt incense and chanted hymns in a foreign language to keep the bad spirits away. Well, after talking to him over and over I finally convinced him that I wasn't a witch doctor and that I knew what I was talking about. After he gave into the idea of his first cleanse, I set out the protocols that he would have to follow over the next few days. He looked at my instructions with a confused, almost stupid look on his face. I told him just to have a little faith and to see what happens. Now during one of these cleanses things can get a little messy. The way that the stones and toxins leave the body is not so nice either. They will exit the body through the area where the sun doesn't shine. I think you get my drift without totally making you feel like heaving up that 16 egg white omelet you just had for breakfast. You see the purpose of this cleanse is to purge toxins from the liver and gallbladder

and detoxify it like there was no tomorrow. After following the said protocols that I laid out in detail, my client then began to feel its effects. After his first release he gave me a phone call like some little kid that just won a free pass to Disney Land. I never heard someone so excited and yet confused at the same time. Well what transpired from his first release from his cleanse was that over 75 stones passed through his system. Now if you have ever seen what one of these stones looks like you will be quite turned off to say the least. They vary in size from the size of a dime to that of a large marble. They are also hard in texture and have a foul odor. At the first site of them he couldn't believe his eyes. He couldn't imagine that these nice little toxic rocks were lodged up inside his organs just waiting to cause a nice major health ailment down the road. Well folks the story isn't over yet. Over the course of the weekend my client had several more releases. In the end he had over 250 stones dislodge from his liver and gallbladder in less than 48 hours. He was in a total state of awe by the time it was all over and done. Well just think about for a minute, you would be in shock too if you saw what these little puppies looked like. He also felt better and healthier due to the cleanse. He noticed that

his energy level was much improved since he performed the cleanse. His endurance in the gym was up and getting out of bed in the morning was no longer a chore. He felt like a new man and from the amount of toxins that left his body its no wonder he started feeling better. Well to make a long story short I had now a believer on my hands. Not only did this make him take a look at protecting his organs with a proper nutrition plan but it also opened his eyes on how you should educate yourself and protect your organs from your "Enhancement Program". He just couldn't believe what came out of his body. He now knew that I wasn't some yoga master burning incense to keep the bad spirits away, but someone that was looking out for the health and well being of hard-core powerlifters.

Like I said before this is not all the tricks that I have up my sleeve to improve the liver function of an athlete, but it will give you a taste of what I offer my clients. There are many different formulas and different cleanses that can be used for numerous organs of the body so the liver is not the only exclusive organ. Don't forget the importance of your kidneys, colon and blood. You only have one set of organs to last you a lifetime so make sure that you give them some tender loving

care. Otherwise they will come back to bite you on the ass when you least expect it. You may think, "Hey I never had problems in the past so this article isn't for me." Well guess again. If you are using any type of pharmaceuticals to get "jacked up" whether you are on as we speak, or you used to be geared up back in the day, then this is definitely something you should consider. Your health and well being is something that has to be the first and foremost in your mindset otherwise you will be setting yourself up for disaster. I guarantee it! The purpose of this article was not to promote drug use or criticize those who are chemically enhanced, but its purpose was to open the eyes of the powerlifting community. Like I have said before in other columns, your health is the number one thing of importance because without it you can't be a powerlifting superstar. I know many others out there would not have answered a question of this nature. Since I truly care for lifters I felt obligated to spread some knowledge that can most definitely help prevent some serious health ailments down the road. I hope that I have educated you and opened your eyes to the importance of keeping your body running like a fine tuned machine. Remember, you are only as strong as your

weakest link so make sure your liver isn't that weak link! So until next month keep eating clean, lift heavy and most importantly stay healthy.

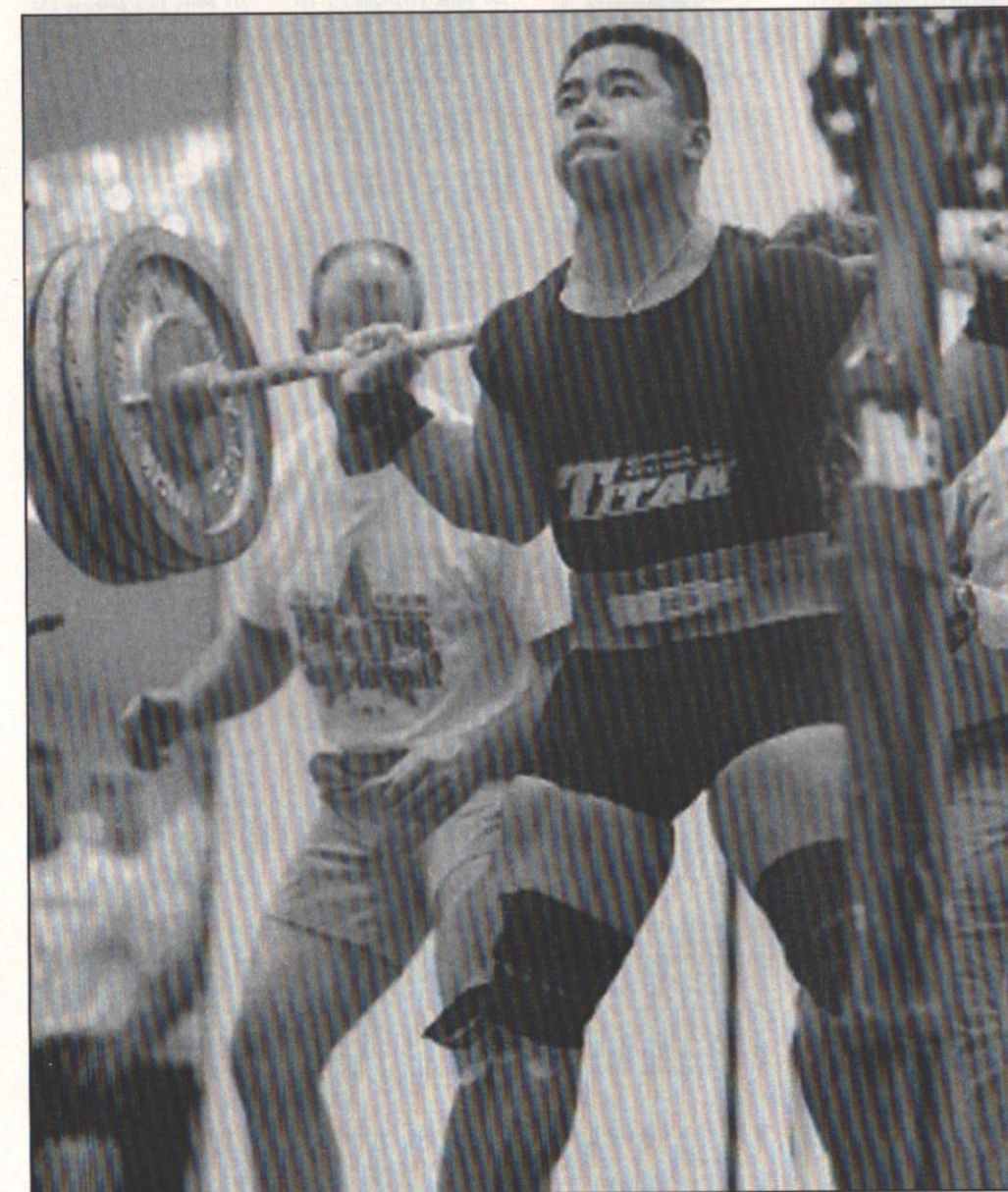
Nutrition XP3 Announcement
PS. The Nutrition XP3 Power Transformation Contest is in full swing so make sure you guys are training hard and eating clean because there are some very good entrants that will make you surprised by their results.

Since I have gotten so much response and many lifters weren't sure about entering the contest I have opened the length of the contest. The deadline to get in all your info and results package to me is July 4th. Just in time for your big holiday. So get me in everything fast and keep up the good work. Don't forget the winners from each class will get featured in my column in *PLUSA* so give it your best and you may be featured in the pages of our sports most prestigious magazine!

For those interested in private consultations or program design I can be contacted by email at: aricciuto@xtremepower.com. Check out the Nutrition XP3 Contest Website at www.NutritionXP3.com.

WORKOUT OF THE MONTH

Ray Benemerito's Squat



Ray Benemerito....many times ADFPA National Champion (Photograph by Mike Lambert, PLUSA.)

The following workout should put 100 lbs. on your squat in just 3 months! Sound familiar? Well, unless you plan to use chemical substances, I'd be very skeptical. A realistic goal should be around 525-530 based on a previous 500 lb. squat.

This workout is a very simple

one. It won't make you do superhuman sets and reps, but it will pace you week by week so you don't bum out. That way you dispel any doubts of missing attempts.

I suggest you go into this workout with an off season cycle, 7 reps at 315, 2 sets. Add 10 lbs. per week, that should bring you right

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example; if your lift is 400, and the starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified 1.2 (600 divided by 500).

body better than I do. Remember these key points:

Form

Use your body's leverage to your advantage, everyone doesn't squat the same, so develop your own form based on your strong points.

Training

Pace yourself, don't be in such a rush to go heavy. In time the weight will become easy for you. It is always better to do less than more. That applies especially to you natural lifters.

Attitude

Keep your mind clear. Remember, you control the weight; don't let it control you!
Good squatting!

6 Week Off Season

Week 1 - 315 x 7 reps x 2 sets
Week 2 - 325 x 7 reps x 2 sets
Week 3 - 335 x 7 reps x 2 sets
Week 4 - 345 x 7 reps x 2 sets
Week 5 - 355 x 7 reps x 2 sets
Week 6 - 365 x 7 reps x 2 sets

12 Week Cycle

Week 1 - 375 x 7 x 2 sets
Week 2 - 385 x 7 reps x 2 sets
Week 3 - 395 x 7 reps x 2 sets
Week 4 - 405 x 5 reps x 2 sets
Week 5 - 425 x 5 reps x 2 sets w/b
Week 6 - 435 x 5 reps x 2 sets w/b
Week 7 - 445 x 5 reps x 2 sets w/b
Week 8 - 455 x 3 reps x 2 sets w/b
Week 9 - 470 x 3 reps w/b/s
Week 10 - 485 x 3 reps w/b/s
Week 11 - 500 x 2 reps w/b/s
Week 12 - Rest
w-wraps; b-belt; s-suit.

Assistance Work Schedule

Monday - squat, inverted leg press, leg curls, single leg extensions, calf raises (2x7 heavy);
Thursday - deadlifts (light assistance 2x7).

Meet Attempts

485, 510, 530.

Warmups

Keep your reps and sets down to a minimum. Save yourself for your work sets.

Ray Benemerito

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EliteFTS is now carrying the Metal Gear line of powerlifting gear. The Metal Sport & Wear line started six years ago, in Finland, by world class powerlifter Anu Turtiainen. The entire line is made in Finland of the highest Finnish quality. They use materials not found in other powerlifting gear. This gear is some of the best quality in the world.

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Pro Squatter

Viking IPF Squatter

Viking IPF V-Type Squatter

V-Type Squatter

Viking Squatter

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IPF Deadlifter

Pro Deadlifter

IPF Metal Bench

Pro Bench

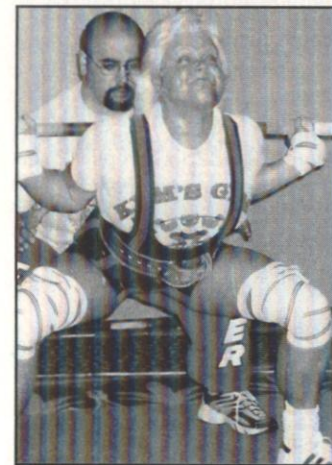
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Knee & Wrist Wraps

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WOMEN'S TOP 20

These are the **PL USA TOP 20** women powerlifters in the United States for the year 2003. If any errors or omissions are noted, please report them to **POWERLIFTING USA Magazine**, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Kim Packer at the APF Senior Nationals (Photo Glossbrenner) **Yes, You Can...** order the deluxe **Powerlifting USA Achievement Certificates and Mounting Plaques**, ladies, to commemorate your accomplishments on the competition platform. The Certificates are printed in Red and Gold ink, embossed with the official gold seal of **Powerlifting USA Magazine**, and individually signed by **PL USA Editor, Mike Lambert**. Complementing the certificates are our woodgrain finish wall mounting plaques, a beautiful way to display the documentation of your strength world success. The certificate and plaque together are \$21.95, and certificates alone are \$6.00. If you appear on the list, you are eligible. Send your name and address, weight class, lift, and date it was made, along with payment to **PL USA, Box 467, Camarillo, CA 93011** (CA residents add 7 1/4% sales tax)

97 SQ

- 303 Robbins, A..5/22/03
- 270 Miller, C..7/03
- 265 Grimwood, E..11/14/03
- 264 Leverett, A..1/24/03
- 259 Colan, C..10/8/03
- 255 Rodriguez, V..3/14/03
- 250 Carder, T..3/14/03
- 250 Moser, H..3/14/03
- 248 Sieps, B..12/13/03
- 242 Fallon, M..12/13/03

- 235 Cisneros, M..3/14/03
- 235 Callais, J..11/15/03
- 235 Kennedy, J..12/6/03
- 231 Anderson, C..11/8/03
- 225 Crapo, E..1/24/03
- 225 Kemp, K..3/14/03
- 225 Sifuentes, D..3/14/03
- 225 Worley, J..12/13/03
- 220 Miller, K..7/03
- 215 Aniso, J..3/14/03

105 SQ

- 330 Maile, J..5/22/03
- 281 Bostrom, T..6/7/03
- 280 Little, H..3/14/03
- 275 Barajas, S..3/14/03
- 270 Denman, A..3/14/03
- 270 Matherne, A..11/15/03
- 264 Tidmarsh, P..3/29/03
- 264 Leggett, K..11/22/03
- 255 Huerta, F..3/14/03
- 253 Gedney, J..1/24/03
- 250 Bernal, C..3/14/03
- 245 Ryman, K..3/1/03
- 242 Hoerner, K..3/29/03
- 242 Lee, J..11/8/03
- 240 Treviano, A..3/14/03
- 240 Kiletico, L..11/15/03
- 230 Kubit, S..11/15/03
- 230 Warren, A..11/1/03
- 230 Karbowski, A..3/14/03
- 230 Crapo, E..4/26/03

114 SQ

- 415 Parrish, S..4/03
- 369 Hartwig, S..1/24/03
- 363 Maile, J..3/29/03
- 352 Kirkland, M..12/6/03
- 335 Hollier, J..11/15/03
- 330 Grubbs, C..4/03
- 319 Nogle, C..1/24/03
- 319 Silvas, A..3/29/03
- 314 Awalt, A..4/03
- 300 Fiore, R..4/03

- 295 Tankersley, A..3/14/03
- 285 Williams, S..3/14/03
- 281 Tom, K..4/26/03
- 275 McLemore, B..3/14/03
- 265 Palacios, B..3/14/03
- 265 Rodriguez, S..3/14/03
- 265 Moreno, J..3/14/03
- 260 Green, A..3/14/03
- 260 Montoya, C..3/14/03
- 260 Fair, K..3/14/03

123 SQ

- 415 Burke, J..8/8/03
- 374 Amsden, M..1/25/03
- 369 Nogle, C..7/03
- 352 Rinn, S..3/29/03
- 335 Scott, J..3/14/03
- 325 Hitchcock, A..4/03
- 321 Hughes, H..6/21/03
- 319 Stein, E..1/25/03
- 315 Silvas, A..3/14/03
- 315 Jackson, S..3/14/03

- 310 Wilson, L..3/14/03
- 310 Cunningham..11/15/03
- 303 Motter, A..11/1/03
- 300 Ramirez, P..12/15/03
- 300 Ybarra, M..12/6/03
- 295 Moore, D..10/25/03
- 290 Kelley, C..11/8/03
- 290 Reynolds, C..11/8/03
- 286 Marietta, L..11/1/03
- 285 Santamaria, E..3/14/03

132 SQ

- 515 Weisberger, A..8/3/03
- 440 Altizer, B..5/23/03
- 405 Diamond, M..11/14/03
- 400 Kaufman, J..11/14/03
- 390 Overdeer, A..9/6/03
- 363 Urso, S..1/25/03
- 363 Ray, J..1/25/03
- 340 Dennany, M..5/3/03
- 335 Garcia, A..3/14/03
- 330 Darling, J..1/25/03

- 330 Stein, E..10/9/03
- 325 Aguilera, V..1/25/03
- 325 Niedererkorn, N..4/03
- 319 Thompson, R..1/25/03
- 315 Boyce, C..3/14/03
- 314 McCauley, K..1/25/03
- 308 Churchward, R..3/29/03
- 308 Singletary, K..11/22/03
- 305 Moore, D..3/8/03
- 305 Williams, T..3/14/03

97 BP

- 176 Fernandez, C..12/13/03
- 159 Leverett, A..1/24/03
- 159 Milbauer, S..12/13/03
- 154 Robbins, A..1/24/03
- 150 Grimwood, E..11/14/03
- 148 Anderson, C..7/26/03
- 145 Kennedy, J..3/1/03
- 145 Carder, T..3/14/03
- 143 Miller, C..11/1/03
- 135 Rodriguez, V..3/14/03

- 132 Dickey, E..1/24/03
- 132 Solan, C..8/23/03
- 130 Callais, J..11/15/03
- 126 Gary, C..3/29/03
- 126 Baqui, C..12/12/03
- 126 Falcon, M..12/13/03
- 126 Sieps, B..12/14/03
- 121 Crapo, E..1/24/03
- 121 Miller, K..11/1/03
- 120 Desho, L..11/1/03

105 BP

- 214 Maile, J..5/22/03
- 187 Fernandez, C..3/22/03
- 180 Matherne, A..11/15/03
- 159 James, A..8/23/03
- 159 Lemus, B..10/19/03
- 148 Brown, D..12/12/03
- 145 Little, H..3/14/03
- 144 Barajas, S..3/14/03
- 140 Denman, A..3/14/03
- 140 Kassell, G..6/22/03

- 137 Kubit, S..11/15/03
- 135 Bertoli, M..8/30/03
- 135 Kiletico, L..11/15/03
- 133 Crapo, E..4/26/03
- 132 Laiferty, B..5/17/03
- 126 Bostrom, T..6/7/03
- 126 Phillips..6/8/03
- 126 Leggett, K..6/14/03
- 126 Dickerson, E..10/18/03
- 126 Sampson, G..12/5/03

114 BP

- 275 Faraone, J..9/6/03
- 240 Hartwig, S..8/23/03
- 214 Maile, J..3/29/03
- 205 Parrish, S..4/03
- 203 Aanenson, K..11/15/03
- 185 Hollier, J..8/2/03
- 181 Awalt, A..1/24/03
- 181 Grubbs, C..1/24/03
- 181 Kirkland, M..12/6/03
- 176 Silvas, A..3/29/03

- 175 Shuttleworth, M..4/26/03
- 170 Lucchesi, S..12/13/03
- 165 Nogle, C..1/24/03
- 165 Snow, D..8/28/03
- 160 Marceau, T..8/30/03
- 155 Falks, M..2/8/03
- 155 Geraghty, F..3/8/03
- 155 Flannagan, D..9/27/03
- 155 McBurney, D..10/25/03
- 154 Richardson, C..3/29/03

123 BP

- 285 Faraone, J..12/21/03
- 260 Burke, J..11/29/03
- 253 Darling, J..8/23/03
- 238 Rinn, S..6/6/03
- 214 Amsden, M..1/25/03
- 209 Russillo, R..8/15/03
- 209 Magierck, T..12/6/03
- 198 Myers, C..12/12/03
- 198 Yamashita, J..12/20/03
- 192 Aanenson, K..8/23/03

- 192 Arndt, D..12/13/03
- 187 Sarris, M..8/23/03
- 187 Nogle, C..10/11/03
- 185 Wilson, L..7/26/03
- 181 Ray, Jessica..7/26/03
- 181 Green, J..9/6/03
- 180 Silvas, A..3/14/03
- 176 Stein, E..3/15/03
- 175 Kirkland, M..10/18/03
- 170 Newman, S..1/25/03

132 BP

- 390 Rinehart, T..7/5/03
- 336 Weisberger, A..11/7/03
- 314 Thompson, J..8/23/03
- 303 Altizer, B..5/23/03
- 253 Darling, J..1/25/03
- 253 Robertson, J..12/5/03
- 240 Overdeer, A..9/6/03
- 225 Ray, J..1/25/03
- 225 Kaufman, J..5/03
- 225 Gomez, S..12/14/03

- 220 Simons, A..1/25/03
- 220 Urso, S..10/25/03
- 220 Ware, V..11/1/03
- 219 Diamond, M..11/14/03
- 214 Sauer, A..4/16/03
- 205 Roberts, A..12/21/03
- 203 Siddell, L..12/6/03
- 203 Montenegro, L..12/12/03
- 200 Niedererkorn, N..3/29/03
- 200 Salter, A..4/5/03

97 DL

- 330 Leverett, A..5/22/03
- 314 Robbins, A..5/22/03
- 303 Flacon, M..12/13/03
- 286 Solan, C..1/24/03
- 286 Dickey, E..1/24/03
- 281 Miller, C..7/03
- 275 Carder, T..3/14/03
- 275 Grimwood, E..11/14/03
- 270 Rodriguez, V..3/14/03
- 270 Anderson, C..11/8/03

- 270 Sieps, B..12/14/03
- 264 Baqui, C..12/12/03
- 260 Callais, J..11/15/03
- 253 Alimosa, D..1/24/03
- 253 Worley, J..12/13/03
- 245 Lorenzi, P..4/5/03
- 242 Souza, M..4/6/03
- 242 Sifuentes, D..11/23/03
- 240 Moser, H..3/14/03
- 236 Crapo, E..1/24/03

105 DL

- 380 Maile, J..1/24/03
- 330 Bertoli, M..8/30/03
- 319 Kubik, S..11/15/03
- 315 Matherne, A..11/15/03
- 310 Rodriguez, V..3/14/03
- 300 Karbowski, A..3/14/03
- 295 Kassell, G..6/22/03
- 285 McDavid, S..3/14/03
- 281 Tidmarsh, P..3/29/03
- 281 Vallejo, A..12/12/03

- 280 Prejan, J..2/15/03
- 280 Huerta, F..3/14/03
- 275 Little, H..3/14/03
- 270 Ryman, K..3/1/03
- 270 Phillips..6/8/03
- 265 Barajas, S..3/14/03
- 265 Rodriguez, V..3/14/03
- 265 Johnson, M..7/12/03
- 265 Kiletico, L..11/15/03
- 264 Gedney, J..1/24/03

114 DL

- 385 Maile, J..3/29/03
- 385 Parrish, S..8/8/03
- 363 Hartwig, S..5/23/03
- 353 Nogle, C..1/24/03
- 352 Awalt, A..4/03
- 347 Kirkland, M..12/6/03
- 325 Hollier, J..8/2/03
- 320 Nick, S..3/14/03
- 315 Williams, S..3/14/03
- 315 Fair, K..3/14/03

- 315 Arellano, D..11/1/03
- 314 Silvas, A..3/29/03
- 314 Shear, J..1/8/03
- 310 Green, A..3/14/03
- 303 Hairston, D..5/17/03
- 300 Tankersley, H..3/14/03
- 300 McLemore, B..3/14/03
- 300 Palacios, B..3/14/03
- 297 Scudder, A..3/1/03
- 295 Weger, H..7/12/03

123 DL

- 413 Nogle, C..7/03
- 402 Myers, C..12/12/03
- 391 Stein, E..3/15/03
- 374 Amsden, M..1/25/03
- 358 Hughes, H..6/21/03
- 352 Hitchcock, A..4/03
- 352 Matt, A..4/03
- 347 Jackson, D..11/8/03
- 347 Yamashita, J..12/20/03
- 345 Kirkland, M..10/18/03

- 341 Ramirez, P..4/03
- 341 Balestrini, L..9/6/03
- 337 Marietta, L..12/14/03
- 335 Alexander, T..3/14/03
- 335 Manuel, G..12/6/03
- 330 Wilson, L..3/14/03
- 325 Nimphius, S..3/8/03
- 325 King, M..3/14/03
- 320 Silvas, A..3/14/03
- 320 White, L..3/14/03

132 DL

- 465 Weisberger, A..4/12/03
- 462 Urso, S..10/25/03
- 435 Diamond, M..11/14/03
- 419 Walker, J..8/2/03
- 410 Overdeer, A..9/6/03
- 402 Stein, E..10/9/03
- 380 Kaufman, J..1/25/03
- 380 Martucci, M..6/14/03
- 380 Altizer, B..10/9/03
- 374 Thompson, J..1/25/03

- 358 Ray, J..1/25/03
- 352 Hennesin, C..11/15/03
- 347 Churchward, R..3/29/03
- 347 Maes, R..8/17/03
- 347 Ehmen, P..2/21/03
- 345 Floyd, N..3/14/03
- 341 McCauley, K..1/25/03
- 341 Hughes, H..12/6/03
- 341 Brisbane, A..12/12/03
- 336 Niedererkorn, N..4/03

97 TOT

- 771 Robbins, A..5/22/03
- 749 Leverett, A..1/24/03
- 690 Grimwood, E..11/14/03
- 683 Miller, C..11/1/03
- 672 Falcon, M..12/13/03
- 660 Carder, T..11/15/03
- 660 Rodriguez, V..3/14/03
- 655 Solan, C..1/24/03
- 644 Anderson, C..11/8/03
- 644 Sieps, B..12/13/03

- 628 Dickey, E..1/24/03
- 625 Callais, J..11/15/03
- 595 Moser, H..3/14/03
- 584 Crapo, E..1/24/03
- 578 Worley, J..12/13/03
- 562 Gary, C..3/29/03
- 562 Sifuentes, D..11/23/03
- 555 Cisneros, M..3/14/03
- 555 Alimosa, D..5/17/03
- 551 Milbauer, S..12/13/03

105 TOT

- 925 Maile, J..5/22/03
- 765 Matherne, A..11/15/03
- 700 Little, H..3/14/03
- 694 Kubik, S..11/15/03
- 680 Barajas, S..3/14/03
- 650 Huerta, F..3/14/03
- 650 Tidmarsh, P..3/29/03
- 644 Bostrom, T..6/7/03
- 640 Denman, A..3/14/03
- 640 Kiletico, L..11/15/03

- 639 Leggett, K..11/22/03
- 635 Ryman, K..3/1/03
- 630 Rodriguez, V..3/14/03
- 630 Karbowski, A..3/14/03
- 630 Kassell, G..6/22/03
- 628 Gedney, J..1/24/03
- 615 Prejan, J..2/15/03
- 612 Phillips..6/8/03
- 611 Lee, J..11/8/03
- 605 Bernal, C..3/14/03

114 TOT

- 980 Parrish, S..4/03
- 964 Maile, J..3/29/03
- 942 Hartwig, S..5/23/03
- 881 Kirkland, M..12/6/03
- 848 Awalt, A..4/03
- 837 Nogle, C..1/24/03
- 830 Hollier, J..8/2/03
- 810 Silvas, A..3/29/03
- 799 Grubbs, C..4/03
- 715 Williams, S..3/14/03

- 710 McLemore, B..3/14/03
- 710 Tankersley, H..3/14/03
- 710 Fiore, R..4/03
- 700 Nick, S..3/14/03
- 699 Tom, K..4/26/03
- 699 Hairston, D..5/17/03
- 690 Palacios, B..3/14/03
- 690 Rodriguez, S..3/14/03
- 690 Weger, H..7/12/03
- 685 Green, A..3/14/03

123 TOT

- 964 Amsden, M..1/25/03
- 935 Urso, S..10/25/03
- 914 Nogle, C..11/1/03
- 892 Rinn, S..6/6/03
- 876 Stein, E..1/25/03
- 832 Hitchcock, A..4/03
- 832 Hughes, H..6/21/03
- 815 Silvas, A..3/14/03
- 785 Wilson, L..3/14/03
- 785 Scott, J..3/14/03

- 780 Cunningham..11/15/03
- 777 Matt, A..4/03
- 766 Jackson, D..11/8/03
- 765 Moore, D..10/25/03
- 760 Ramirez, P..4/03
- 750 Waltermann, E..11/1/03
- 749 Marietta, L..12/14/03
- 749 Deuttsch, D..10/8/03
- 744 Newman, S..1/25/03
- 733 Whidden..6/8/03

132 TOT

- 1306 Weisberger, A..11/7/03
- 1118 Altizer, B..5/23/03
- 1055 Diamond, M..11/14/03
- 1047 Urso, S..10/25/03
- 1040 Overdeer, A..9/6/03
- 986 Thompson, J..1/25/03
- 947 Ray, J..1/25/03
- 925 Kaufman, J..11/14/03
- 903 Stein, E..10/9/03
- 892 Darling, J..1/25/03

- 860 Dennany, M..5/3/03
- 859 Niedererkorn, N..4/03
- 843 Aguilera, V..1/25/03
- 826 Maes, R..8/17/03
- 815 Simons, A..1/25/03
- 810 Dingle, K..1/25/03
- 810 Churchward, R..3/29/03
- 793 McCauley, K..1/25/03
- 790 Moore, D..3/8/03
- 788 Morello, J..1/25/03

148 SQ

- 552 Bohigian, K..11/7/03
- 510 Liggett, M..8/8/03
- 507 Ortega, M..11/29/03
- 495 Vaughn, A..8/30/03
- 485 Ribic, P..5/23/03
- 424 Forman, L..10/25/03
- 424 Baldwin, S..11/29/03
- 415 Scheffler, M..6/21/03
- 407 Dangerfield, N..5/10/03
- 400 Morello, J..11/15/03

- 396 Phelps, R..1/25/03
- 380 Powell, S..3/29/03
- 380 Caggiano, K..6/7/03
- 380 Overdeer, A..9/28/03
- 375 Thomas, N..3/14/03
- 374 Walford, K..5/17/03
- 374 Murawski, S..5/17/03
- 363 Denman, M..7/03
- 358 Hetzel, M..3/15/03
- 355 Simpson, S..3/1/03

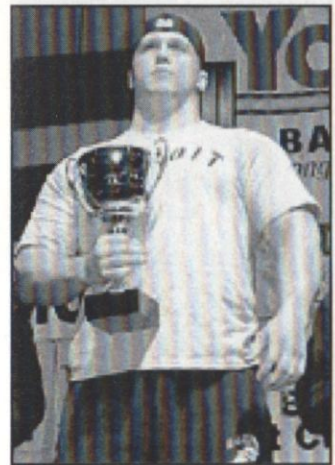
165 SQ

- 555 Scanlon, J..12/21/03
- 551 Bohigian, K..6/7/03
- 529 Mills, J..3/29/03
- 460 Fineis, B..8/8/03
- 457 Ribic, P..11/15/03
- 451 Denison, L..11/29/03
- 440 Packer, K..11/28/03

POWERLIFTING USA presents the

TEENAGE TOP 20

These are the PL USA TOP 20 teenage powerlifters in the United States for the year 2003. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Steve Herman won big at the WABDL Worlds (Mike Lambert)

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- 114 SQ
- 420 Hunt, T., 3/22/03
- 391 Scroggs, J., 5/31/03
- 375 Stephen, C., 3/22/03
- 375 Cuellar, R., 3/22/03
- 375 Roberson, T., 3/22/03
- 350 Brubaker, D., 3/22/03
- 350 Lee, W., 3/22/03
- 340 Sisomsouk, A., 3/22/03
- 336 Hile, J., 8/17/03
- 335 Frasquillo, S., 3/22/03
- 330 Rivera, A., 3/22/03
- 330 Real, I., 3/22/03
- 325 Myers, Q., 3/22/03
- 320 Cross, T., 3/14/03
- 320 Mason, A., 3/22/03
- 319 Maille, J., 1/24/03
- 319 Nogle, C., 1/24/03
- 319 Silvas, A., 3/29/03
- 315 Do, T., 3/22/03
- 315 Hinojosa, A., 3/22/03

- 123 SQ
- 551 Hawthorne, R., 9/6/03
- 460 Kamp, M., 3/22/03
- 435 Garcia, R., 11/15/03
- 410 Baltazar, S., 3/22/03
- 410 Clanton, L., 3/22/03
- 402 Kerr, D., 3/1/03
- 391 Scroggs, J., 3/29/03
- 291 Hafenbrack, M., 5/31/03
- 283 Kahaneck, J., 3/22/03
- 385 Whitlock, E., 3/22/03
- 370 Yarbrough, J., 3/22/03
- 375 Polk, M., 3/22/03
- 369 Neale, C., 7/03
- 365 Holliman, C., 3/22/03
- 365 Brown, J., 3/22/03
- 365 Olcsary, J., 10/18/03
- 365 Montes, G., 5/31/03
- 360 Trejo, D., 3/22/03
- 360 Rodriguez, M., 3/22/03
- 360 Balfioe, M., 3/22/03

- 132 SQ
- 530 Williams, M., 1/11/03
- 500 Kuhns, M., 3/22/03
- 485 Reeves, J., 3/1/03
- 470 Rodriguez, J., 3/22/03
- 445 Cortez, A., 3/22/03
- 440 Hunt, K., 3/22/03
- 445 Ervin, Q., 3/22/03
- 440 Moore, T., 3/22/03
- 430 Dugosh, B., 3/22/03
- 420 Huerta, O., 3/22/03
- 410 Brandt, D., 3/22/03
- 405 Caseras, J., 3/22/03
- 400 Lazzareschi, S., 3/30/03
- 396 Baltazar, S., 3/29/03
- 396 Phillips, A., 5/31/03
- 395 Carvajal, J., 3/22/03
- 390 Melancon, C., 2/15/03
- 390 Westover, C., 3/22/03
- 236 Shekhanian, S., 3/1/03
- 385 Ortiz, C., 3/22/03
- 380 Sanchez, T., 3/22/03

- SQ 148
- 611 Hatch, N., 11/15/03
- 600 Williams, C., 5/31/03
- 529 Niedoliwka, V., 7/03
- 520 Baston, M., 3/22/03
- 501 Schollmeier, C., 11/27/03
- 500 Stefanski, J., 7/19/03
- 496 France, G., 11/22/03
- 490 Williams, J., 3/22/03
- 470 Hill, A., 3/22/03
- 465 Carter, B., 3/22/03
- 460 Berryman, A., 3/22/03
- 460 Braden, D., 3/22/03
- 450 Veal, W., 1/11/03
- 450 Dau, D., 3/22/03
- 450 Richard, D., 3/22/03
- 450 Urbanczyk, B., 3/22/03
- 450 Hurst, G., 3/22/03
- 450 Hilleary, C., 3/22/03
- 445 Schiffer, E., 3/14/03
- 445 Rodriguez, J., 3/22/03

- 165 SQ
- 565 Welchek, M., 8/9/03
- 550 St. Juste, W., 3/22/03
- 550 Archie, C., 3/22/03
- 550 Hatchet, E., 3/22/03
- 550 Thomas, D., 3/22/03
- 535 Sanderson, K., 3/22/03
- 520 Wilson, J., 8/16/03
- 525 Guber, J., 3/22/03
- 515 Leal, T., 3/22/03
- 515 Sencido, J., 3/22/03
- 510 Langford, J., 3/22/03
- 505 Pierce, K., 3/22/03
- 500 Richardson, C., 3/22/03
- 500 Ramirez, G., 3/22/03
- 500 Rouan, A., 4/12/03
- 490 Marshall, C., 3/22/03
- 490 Lubeck, W., 5/31/03
- 485 Everett, E., 3/1/03
- 485 Decker, Z., 3/22/03
- 485 Ramoz, M., 3/22/03

- 181 SQ
- 660 Davis, R., 3/22/03
- 606 Velasquez, E., 3/29/03
- 580 Rodriguez, A., 3/22/03
- 580 Flowers, K., 3/22/03
- 573 Keathley, R., 6/1/03
- 555 Miller, J., 3/22/03
- 545 Perdue, B., 8/13/03
- 545 Foreman, D., 3/22/03
- 545 Lara, J., 3/22/03
- 545 Saltzman, C., 5/3/03
- 510 Langford, J., 3/22/03
- 505 Pierce, K., 3/22/03
- 500 Richardson, C., 3/22/03
- 500 Ramirez, G., 3/22/03
- 500 Rouan, A., 4/12/03
- 490 Marshall, C., 3/22/03
- 490 Lubeck, W., 5/31/03
- 485 Everett, E., 3/1/03
- 485 Decker, Z., 3/22/03
- 485 Ramoz, M., 3/22/03

- 114 BP
- 235 Hunt, T., 3/22/03
- 231 Scroggs, J., 5/31/03
- 220 Stephen, C., 3/22/03
- 220 Frasquillo, S., 3/22/03
- 215 Do, T., 3/22/03
- 210 Mason, A., 3/22/03
- 205 Sisomsouk, A., 3/22/03
- 205 Real, I., 3/22/03
- 200 Brubaker, D., 3/22/03
- 198 Maille, J., 1/24/03
- 198 Navarone, V., 6/7/03
- 192 Akina, K., 12/11/03
- 190 Loza, J., 3/22/03
- 185 Lee, W., 3/22/03
- 181 Awalt, A., 1/24/03
- 180 Shine, M., 3/15/03
- 180 Cross, T., 3/14/03
- 180 Roberson, T., 3/22/03
- 176 Silvas, A., 3/29/03
- 176 Spencer, H., 3/29/03

- 123 BP
- 275 Olcsary, J., 10/18/03
- 270 Hawthorne, R., 9/6/03
- 245 Kahaneck, J., 3/22/03
- 242 Scroggs, J., 3/29/03
- 242 Montes, G., 5/31/03
- 240 Baltazar, J., 3/22/03
- 240 Gonzalez, B., 3/22/03
- 240 Hagedort, J., 3/29/03
- 231 Hafenbrack, M., 5/31/03
- 230 Yarbrough, J., 3/22/03
- 225 Bechel, J., 3/29/03
- 225 Garcia, R., 11/15/03
- 220 Guzman, M., 3/22/03
- 220 Smith, T., 11/8/03
- 215 Brown, J., 3/22/03
- 214 Ballard, R., 4/26/03
- 210 Rodea, L., 3/22/03
- 205 Kamp, M., 3/22/03
- 205 Clanton, J., 3/22/03
- 205 Trejo, D., 3/22/03

- 132 BP
- 290 Kuhns, M., 3/22/03
- 285 Sanchez, T., 3/22/03
- 280 Johnson, C., 4/27/03
- 264 Reeves, J., 3/1/03
- 260 Blanchard, D., 2/15/03
- 260 Melancon, C., 2/15/03
- 259 Hagedort, J., 3/22/03
- 259 Duncan, J., 3/1/03
- 255 Williams, M., 1/11/03
- 255 Hunt, K., 3/22/03
- 255 Westover, C., 3/22/03
- 255 Lazzareschi, S., 3/30/03
- 250 Moore, T., 3/22/03
- 248 Crew, T., 2/23/03
- 245 Brandt, D., 3/22/03
- 245 Ward, W., 3/22/03
- 242 Baltazar, S., 3/29/03
- 240 Rodriguez, J., 3/22/03
- 236 Shekhanian, S., 3/1/03
- 235 Heydt, A., 2/1/03

- BP 148
- 415 Hatch, N., 7/28/03
- 380 Williams, C., 5/31/03
- 358 Niedoliwka, V., 7/03
- 341 Mangino, L., 4/5/03
- 330 Chiodo, K., 12/11/03
- 325 Pope, D., 2/15/03
- 325 Urbanczyk, B., 3/22/03
- 325 Clark, B., 7/29/03
- 320 Douglas, B., 3/29/03
- 320 Santarone, D., 9/03
- 315 Dau, D., 3/22/03
- 315 Solomon, B., 3/22/03
- 314 Royer, R., 3/23/03
- 303 Leming, B., 3/1/03
- 300 Hill, A., 3/22/03
- 300 Durst, G., 3/22/03
- 300 Burnett, F., 3/03
- 300 Stefanski, J., 7/19/03
- 295 Baston, M., 3/22/03
- 295 Forehand, J., 3/29/03

- 165 BP
- 465 Osgood, D., 10/5/03
- 390 O'Brien, S., 8/2/03
- 370 Pike, D., 11/8/03
- 363 Gernert, R., 5/31/03
- 352 Lubeck, W., 11/15/03
- 350 Moser, A., 11/14/03
- 340 Cady, J., 2/15/03
- 336 Scherer, A., 6/7/03
- 330 Chiodo, D., 7/26/03
- 330 Millage, B., 7/03
- 330 Mehmel, C., 12/14/03
- 325 Lacy, K., 5/17/03
- 320 Hodson, D., 2/16/03
- 320 Decker, Z., 3/22/03
- 319 Nelson, B., 5/17/03
- 315 Beasley, M., 1/25/03
- 315 St. Juste, W., 3/22/03
- 315 Langford, J., 3/22/03
- 315 Ricotilli, P., 3/30/03
- 315 Hicks, K., 8/9/03

- 181 BP
- 440 Marzik, M., 4/6/03
- 415 Blake, H., 5/4/03
- 413 Hackett, B., 12/13/03
- 402 Faulkner, S., 6/21/03
- 402 Edwards, T., 10/4/03
- 396 Baronski, S., 4/5/03
- 390 Perdue, B., 8/13/03
- 385 Rubio, R., 3/22/03
- 380 Herrmann, S., 8/3/03
- 380 Auerbach, J., 12/6/03
- 585 Davis, R., 3/22/03
- 585 Kibodeaux, J., 3/22/03
- 585 Saltzman, C., 5/3/03
- 584 Herrmann, S., 8/3/03
- 580 Moore, R., 3/22/03
- 580 Ferguson, D., 3/22/03
- 578 Keathley, R., 6/1/03
- 570 Martin, B., 8/16/03
- 565 Velasquez, E., 3/22/03
- 555 Martik, A., 10/25/03

- 114 DT
- 490 Scroggs, J., 5/31/03
- 435 Jackson, G., 6/7/03
- 390 Mason, A., 3/22/03
- 385 Rivera, A., 3/22/03
- 380 Maille, J., 1/24/03
- 375 Frasquillo, S., 3/22/03
- 369 Karapetyan, S., 12/14/03
- 365 Stephen, C., 3/22/03
- 365 Cuellar, R., 3/22/03
- 360 Sisomsouk, A., 3/22/03
- 360 Myers, Q., 3/22/03
- 360 Stein, K., 3/22/03
- 355 Shine, M., 4/03
- 353 Nogle, C., 1/24/03
- 350 Brubaker, D., 3/22/03
- 350 Hinojosa, A., 3/22/03
- 350 Vega, L., 3/22/03
- 340 Lee, W., 3/22/03
- 340 McClosky, J., 10/24/03
- 335 Roberson, T., 3/22/03

- 123 DT
- 573 Hawthorne, R., 9/6/03
- 479 Scroggs, J., 3/29/03
- 473 Montes, G., 5/31/03
- 473 Garcia, R., 11/15/03
- 451 Kerr, D., 3/1/03
- 445 Trejo, D., 3/22/03
- 445 Yarbrough, J., 3/22/03
- 425 Houston, K., 3/22/03
- 424 Hafenbrack, M., 5/31/03
- 420 Gonzalez, B., 3/22/03
- 420 Polk, M., 3/22/03
- 420 Rodriguez, M., 3/22/03
- 415 Smith, G., 3/22/03
- 415 Nogle, C., 1/24/03
- 413 Nogle, C., 1/24/03
- 410 Balfioe, M., 3/22/03
- 410 Olcsary, J., 10/18/03
- 405 Rogers, T., 1/11/03
- 405 Baltazar, S., 3/22/03
- 400 Clanton, J., 3/22/03

- 132 DT
- 580 Williams, M., 1/11/03
- 500 Hunt, K., 3/22/03
- 495 Ervin, Q., 3/22/03
- 480 Sanchez, T., 3/22/03
- 460 Dugosh, B., 3/22/03
- 455 Burns, G., 3/22/03
- 450 Westover, C., 3/22/03
- 446 Reeves, J., 3/1/03
- 445 Huerta, O., 3/22/03
- 435 Rodriguez, J., 3/22/03
- 435 Cortez, A., 3/22/03
- 435 Rejcek, E., 5/17/03
- 430 Labrie, D., 3/14/03
- 430 Brandt, D., 3/22/03
- 430 Caseras, J., 3/22/03
- 425 Slaasted, N., 3/14/03
- 425 Carvajal, J., 3/22/03
- 425 Watson, R., 3/22/03
- 420 Lazzareschi, S., 3/30/03
- 415 Moore, T., 3/22/03

- 148 DT
- 562 Williams, C., 5/31/03
- 556 Niedoliwka, V., 7/03
- 555 Metcalf, N., 3/22/03
- 550 Veal, W., 1/11/03
- 550 Berryman, A., 3/22/03
- 545 Ruiz, M., 5/31/03
- 535 Baston, M., 3/22/03
- 518 Chiodo, K., 12/11/03
- 515 Riley, D., 5/17/03
- 510 Carter, B., 3/22/03
- 501 Hatch, N., 11/15/03
- 500 Rodriguez, J., 3/22/03
- 495 Dau, D., 3/22/03
- 490 Whitaker, Q., 3/1/03
- 485 Hill, A., 3/22/03
- 485 Stefanski, J., 7/19/03
- 480 Zupan, J., 3/14/03
- 480 Valdez, J., 3/22/03
- 480 Allen, C., 3/29/03
- 480 France, G., 10/18/03

- 165 DT
- 584 Lubeck, W., 11/15/03
- 580 Roger, R., 3/22/03
- 556 Chiodo, D., 12/13/03
- 551 Montes, M., 12/14/03
- 550 St. Juste, W., 3/22/03
- 550 Archie, C., 3/22/03
- 545 Derks, A., 3/14/03
- 545 Guber, J., 3/22/03
- 540 Benezra, J., 3/15/03
- 535 McLawchin, S., 2/15/03
- 535 Langford, J., 3/22/03
- 535 Leal, L., 3/22/03
- 525 Sanderson, K., 3/22/03
- 525 Elkins, W., 3/22/03
- 523 Kibler, T., 11/1/03
- 520 Thomas, D., 3/22/03
- 520 Sencido, J., 3/22/03
- 520 Harper, R., 3/22/03
- 520 Tolson, C., 8/9/03

- 181 DT
- 585 Davis, R., 3/22/03
- 585 Kibodeaux, J., 3/22/03
- 585 Saltzman, C., 5/3/03
- 584 Herrmann, S., 8/3/03
- 580 Moore, R., 3/22/03
- 580 Ferguson, D., 3/22/03
- 578 Keathley, R., 6/1/03
- 570 Martin, B., 8/16/03
- 565 Velasquez, E., 3/22/03
- 555 Martik, A., 10/25/03
- 1415 St. Juste, W., 3/22/03
- 1416 Lubec, W., 11/15/03
- 1400 Archie, C., 3/22/03
- 1400 Hatchet, E., 3/22/03
- 1400 Langford, J., 3/22/03
- 1360 Sanderson, K., 3/22/03
- 1345 Thomas, D., 3/22/03
- 1344 Wilson, J., 8/16/03
- 1320 McLawchin, S., 2/15/03
- 1320 Guber, J., 3/22/03

- 114 TOT
- 115 Scroggs, J., 5/31/03
- 960 Stephen, C., 3/22/03
- 935 Hunt, T., 3/22/03
- 930 Frasquillo, S., 3/22/03
- 920 Mason, A., 3/22/03
- 910 Cuellar, R., 3/22/03
- 910 Stone, E., 7/03
- 910 Kibodeaux, J., 3/22/03
- 900 Brubaker, D., 3/22/03
- 898 Maille, J., 1/24/03
- 890 Rivera, T., 3/22/03
- 880 Rivera, A., 3/22/03
- 875 Lee, W., 3/22/03
- 865 Real, I., 3/22/03
- 855 Myers, Q., 3/22/03
- 845 Do, T., 3/22/03
- 843 Hile, J., 8/17/03
- 837 Nogle, C., 1/24/03
- 830 Hinojosa, A., 3/22/03
- 820 Shine, M., 3/15/03
- 815 Cross, T., 3/14/03

- 123 TOT
- 1394 Hawthorne, R., 9/6/03
- 1135 Garcia, R., 11/15/03
- 1113 Scroggs, J., 3/29/03
- 1080 Montes, G., 5/31/03
- 1055 Baltazar, S., 3/22/03
- 1050 Olcsary, J., 10/18/03
- 1047 Hafenbrack, M., 5/31/03
- 1045 Yarbrough, J., 3/22/03
- 1035 Kamp, M., 3/22/03
- 1015 Gonzalez, B., 3/22/03
- 1015 Clanton, J., 3/22/03
- 1015 Kahaneck, J., 3/22/03
- 1010 Trejo, D., 3/22/03
- 1008 Kerr, D., 3/1/03
- 985 Whitlock, E., 3/22/03
- 980 Polk, M., 3/22/03
- 970 Rodriguez, M., 3/22/03
- 965 Balfioe, M., 3/22/03
- 960 Rodea, L., 3/22/03
- 945 Holliman, C., 3/22/03

- 132 TOT
- 1365 Williams, M., 1/11/03
- 1200 Hunt, K., 3/22/03
- 1195 Reeves, J., 3/1/03
- 1175 Ervin, Q., 3/22/03
- 1145 Sanchez, T., 3/22/03
- 1145 Rodriguez, J., 3/22/03
- 1125 Dugosh, B., 3/22/03
- 1115 Kuhns, M., 3/22/03
- 1105 Moore, T., 3/22/03
- 1095 Westover, C., 3/22/03
- 1085 Cortez, A., 3/22/03
- 1085 Brandt, D., 3/22/03
- 1080 Huerta, O., 3/22/03
- 1075 Lazzareschi, S., 3/30/03
- 1065 Burns, G., 3/22/03
- 1065 Caseras, J., 3/22/03
- 1046 Baltazar, S., 3/29/03
- 1045 Carvajal, J., 3/22/03
- 1035 Phillips, S., 3/30/03
- 1010 Ortiz, C., 3/22/03

- 148 TOT
- 1543 Williams, C., 5/31/03
- 1521 Hatch, N., 11/15/03
- 1432 Niedoliwka, V., 7/03
- 1350 Baston, M., 3/22/03
- 1275 Stefanski, J., 7/19/03
- 1255 Hill, A., 3/22/03
- 1255 Veal, W., 1/11/03
- 1235 Metcalf, N., 3/22/03
- 1230 Berryman, A., 3/22/03
- 1230 Williams, J., 3/22/03
- 1220 Carter, B., 3/22/03
- 1215 Dau, D., 3/22/03
- 1205 Rodriguez, J., 3/22/03
- 1205 Chiodo, K., 12/11/03
- 1201 Ruiz, M., 5/31/03
- 1200 Richard, D., 3/22/03
- 1195 Urbanczyk, B., 3/22/03
- 1170 Valdez, J., 3/22/03
- 1170 France, G., 10/18/03
- 1165 Durst, G., 3/22/03

- 165 TOT
- 1415 St. Juste, W., 3/22/03
- 1416 Lubec, W., 11/15/03
- 1400 Archie, C., 3/22/03
- 1400 Hatchet, E., 3/22/03
- 1400 Langford, J., 3/22/03
- 1360 Sanderson, K., 3/22/03
- 1345 Thomas, D., 3/22/03
- 1344 Wilson, J., 8/16/03
- 1320 McLawchin, S., 2/15/03
- 1320 Guber, J., 3/22/03
- 1320 Wilchek, M., 8/9/03
- 1315 Roger, R., 3/22/03
- 1305 Leal, L., 3/22/03
- 1300 Richardson, C., 3/22/03
- 1285 Sencido, J., 3/22/03
- 1280 Ramirez, G., 3/22/03
- 1265 Marshall, C., 3/22/03
- 1265 Tolson, C., 8/9/03
- 1260 Decker, Z., 3/22/03
- 1255 Derks, A., 3/14/03

- 181 TOT
- 1585 Davis, R., 3/22/03
- 1521 Velasquez, E., 3/29/03
- 1510 Keathley, R., 6/1/03
- 1450 Saltzman, C., 5/3/03
- 1445 Kibodeaux, J., 3/22/03
- 1420 Moore, R., 3/22/03
- 1410 Bragg, R., 3/22/03
- 1410 Rodriguez, A., 3/22/03
- 1399 Gentges, N., 3/29/03
- 1390 Flowers, K., 3/22/03
- 635 Dechicko, N., 4/6/03
- 374 Villa, D., 3/22/03
- 370 Martik, A., 10/25/03
- 365 Beer, C., 3/30/03
- 363 Velasquez, E., 3/29/03
- 363 Gentges, N., 3/29/03
- 363 Paolucci, C., 4/5/03
- 358 Keathley, R., 6/1/03
- 355 Griggs, E., 2/15/03
- 352 Lawace, A., 6/21/03

POWERLIFTING USA presents the

MASTERS TOP 20

These are the PL USA TOP 20 masters powerlifters in the United States for the year 2003. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.



Lloyd Weinstein was awarded the gold medal at the 2003 IPF World Masters Championships after the results of the drug tests were finalized. (Mike Lambert)

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- 114 SQ 415 Parrish, S./4/03 362 Zeolla, G./11/15/03 352 Kirkland, M./12/6/03 259 Solan, C./10/8/03 253 Gedney, J./12/24/03 253 Payne, D./5/1/03 253 Hairston, D./5/17/03 245 Ryman, K./3/1/03 225 Deutsch, D./12/24/03 214 Nelson, V./12/4/03
- 214 Zintsmaster, B./9/16/03 205 Alimoso, D./5/17/03 205 Clough, J./11/22/03 203 Lowery, L./10/11/03 170 Whiting, S./1/18/03 170 Souza, M./4/6/03 170 Farrar, D./11/22/03 159 Scudder, A./3/1/03 130 Newton, E./8/16/03 125 Lorenz, P./4/5/03
- 123 SQ 418 Lamb, B./10/11/03 407 Sanders, B./6/23/03 396 Rosen, I./5/1/03 375 Meadows, S./5/1/03 330 Barleen, D./5/1/03 319 Stein, E./12/5/03 285 Wilson, L./7/26/03 281 Deutsch, D./10/9/03 275 Shear, J./4/16/03 275 Whidden, G./8/03
- 275 Casper, P./10/10/03 270 Swavey, T./7/20/03 245 Picciotti, D./5/17/03 226 Calais, G./8/03 225 Morse, D./3/29/03 225 Froeschle, J./12/16/03 221 Rouse, S./12/03 215 Parisi, G./11/22/03 214 Anderson, C./4/4/03 214 Ishimatsu, T./6/7/03
- 132 SQ 429 Lamb, B./6/14/03 424 Smith, T./5/2/03 424 Bisson, J./12/6/03 413 Altizer, B./12/25/03 402 Caputo, R./3/1/03 396 Jones, K./5/2/03 391 Richey, S./5/2/03 380 Corsello, J./5/2/03 358 Kavarnos, J./11/29/03 355 DelGallo, R./4/12/03
- 352 Burgess, I./10/8/03 336 Reintz, C./5/2/03 330 Trujillo, R./12/7/03 314 Burris, R./12/6/03 303 Dingle, K./1/25/03 303 Kawasaki, N./12/13/03 297 Bishop, T./3/1/03 286 Galant, A./12/7/03 281 Simons, A./1/25/03 253 Siveny, D./3/8/03
- 148 SQ 680 Heath, D./5/03 529 Weinstein, L./5/2/03 523 Page, C./5/2/03 523 Brown, C./10/4/03 518 McCarty, T./7/19/03 507 Green, J./10/25/03 485 Charles, R./8/9/03 451 Payne, T./11/28/03 473 Slaughter, G./5/2/03 473 Robinson, M./8/16/03
- 473 Tanabe, M./12/13/03 468 Mason, M./4/26/03 468 Bridges, A./5/2/03 462 Alford, S./9/13/03 451 Griffith, P./3/1/03 451 Payne, T./11/28/03 440 Lofing, M./7/12/03 430 Wizer, M./1/18/03 430 Cruz, R./6/14/03 430 Gengo, J./11/15/03
- 165 SQ 622 Beaumaster, P./10/9/03 617 Olson, G./5/10/03 606 Little, A./1/28/03 595 Lewis, C./5/2/03 562 Rivera, M./4/12/03 556 Braca, J./5/2/03 556 Lumpe, S./11/28/03 551 Wiltshire, G./3/1/03 551 Cayer, A./5/2/03 545 Smith, G./6/7/03
- 530 McCarthy, D./5/17/03 523 Flores, R./8/16/03 512 Sigala, M./5/2/03 507 Olson, B./5/2/03 507 Brown, C./6/7/03 490 Ferguson, J./12/13/03 485 Yovetve, M./6/8/03 485 Alduenda, S./10/10/03 479 Jacobs, J./5/2/03 479 Smith, R./11/17/03
- 181 SQ 706 Bridges, M./10/10/03 705 Wambsgans, F./11/16/03 705 Benedix, R./11/28/03 699 Perkins, T./6/7/03 683 Woodley, L./5/3/03 645 Piermattei, F./8/9/03 622 Ricks, D./5/3/03 622 Ruettiger, F./8/16/03 600 Banks, L./12/2/03 600 Adams, B./11/29/03

- 275 Jaramillo, G./12/10/03 205 Parrish, S./4/03 200 Zeolla, G./8/9/03 181 Kirkland, M./12/6/03 159 Ruff, D./8/3/03 159 James, A./8/23/03 155 Fujisaki, C./8/2/03 155 Flamaagan, D./9/27/03 148 May, S./6/7/03 148 Rodriguez, H./12/12/03
- 148 Iafferty, B./12/13/03 148 Brown, D./12/14/03 143 Payne, D./5/1/03 143 Hairston, D./5/17/03 137 Spalletto, C./4/12/03 137 Lowery, L./10/11/03 132 Deutsch, D./12/24/03 132 Solan, C./10/8/03 132 Christopher, L./12/14/03 126 Brown, D./9/16/03
- 123 BP 260 Snell, K./10/18/03 259 Barleen, D./5/1/03 248 Meadows, S./5/1/03 238 Rinn, S./6/7/03 236 Sanders, B./6/23/03 230 Lamb, B./7/19/03 221 Murphy, G./12/12/03 209 Bussillo, R./8/15/03 203 Mooney, C./3/8/03 198 Rosen, I./5/1/03
- 198 Myers, C./12/14/03 192 Arndt, D./12/14/03 185 Wilson, L./7/26/03 170 Stein, E./12/5/03 170 Siveny, D./4/16/03 166 Ruff, D./3/22/03 160 Haines, L./9/19/03 159 Deutsch, D./10/9/03 154 Shapiro, C./4/12/03 154 Casper, P./5/17/03
- 132 BP 292 Altizer, B./10/9/03 286 Corsello, J./5/2/03 265 Young, A./3/29/03 264 Smith, T./10/8/03 260 Coisson, R./5/17/03 260 Bates, A./12/13/03 248 Jones, K./5/2/03 242 Caputo, R./3/1/03 242 Southwood, K./9/25/03 242 Burris, R./12/6/03
- 240 Gee, S./9/03 231 Lamb, B./3/8/03 226 Vincent, J./10/17/03 226 Kavarnos, J./4/5/03 225 Reintz, C./5/2/03 225 Kawasaki, N./12/13/03 225 Gomez, S./12/14/03 220 Simons, A./1/25/03 220 Bryant, J./6/7/03 220 Burgess, L./10/8/03
- 430 Heath, D./5/03 407 Slaughter, L./5/2/03 401 Ventrella, C./9/1/03 358 Stewart, S./9/20/03 352 Judge, T./5/10/03 350 Yu, J./8/2/03 347 Bridges, A./5/2/03 336 Lawrence, I./8/23/03 330 Page, C./5/2/03 325 Guthrie, M./8/9/03
- 325 Pacheco, F./11/03 320 Scribner, J./3/14/03 319 Brown, C./9/21/03 314 Weinstein, L./5/2/03 314 Pellegrino, J./5/2/03 314 Rohan, B./10/9/03 308 Robinson, M./8/16/03 303 Zwick, L./11/15/03 300 Sechser, P./4/26/03 295 Aldag, T./10/18/03
- 480 Miller, L./3/14/03 435 Baker, G./12/10/03 430 Santaroni, N./10/25/03 425 Evangelista, F./12/12/03 407 Marinis, N./11/26/03 402 Cook, K./8/16/03 400 McDonald, K./11/15/03 385 Keele, J./9/20/03 381 Craig, S./8/16/03 380 Weingust, S./3/29/03
- 380 Beaumaster, P./10/9/03 375 Steiner, L./6/22/03 375 Smith, C./9/6/03 365 Cench, T./10/17/03 365 Ventrella, C./8/2/03 363 Haines, J./8/23/03 360 Leazer, B./10/26/03 358 Evard, D./7/26/03 358 Sigala, M./10/12/03 355 Issac, T./6/7/03
- 500 Lewis, T./11/8/03 475 Prova, T./9/14/03 473 Bridges, M./5/3/03 465 Conner, T./11/18/03 465 Stevens, A./10/18/03 462 Levering, B./9/16/03 457 Zangl, G./12/6/03 450 Blattenerberger, D./6/20/03 436 Banks, L./12/2/03 435 Hamby, D./7/19/03

- 270 Zintsmaster, B./11/1/03 270 Clough, J./11/22/03 264 Gedney, J./12/24/03 264 Schwarz, C./12/14/03 260 Brown, D./9/16/03 259 Zadura, S./2/22/03 259 Christopher, L./12/14/03 253 Alimoso, D./12/24/03 253 Nelson, V./12/4/03 248 McNeely, V./12/14/03
- 270 Zintsmaster, B./11/1/03 270 Clough, J./11/22/03 264 Gedney, J./12/24/03 264 Schwarz, C./12/14/03 260 Brown, D./9/16/03 259 Zadura, S./2/22/03 259 Christopher, L./12/14/03 253 Alimoso, D./12/24/03 253 Nelson, V./12/4/03 248 McNeely, V./12/14/03
- 123 DL 485 Sanders, B./6/23/03 462 Meadows, S./5/1/03 440 Snell, K./10/18/03 429 Rosen, I./5/1/03 418 Barleen, D./5/1/03 413 Lamb, B./10/11/03 402 Myers, C./12/14/03 385 Stein, E./12/5/03 369 Mooney, C./3/8/03 315 Ruff, D./8/2/03
- 308 Deutsch, D./10/9/03 308 Murphy, G./12/12/03 305 Picciotti, D./5/17/03 305 Whidden, G./8/03 304 Shear, J./4/16/03 300 Wilson, L./7/26/03 292 Casper, P./10/10/03 290 Sullivan, D./5/17/03 286 Morse, D./3/29/03 285 Calais, G./8/03
- 132 DL 480 Snell, K./5/17/03 473 Caputo, R./3/1/03 462 Bissen, J./5/2/03 450 Carr, J.D./12/24/03 446 Smith, T./10/8/03 429 Lamb, B./6/14/03 419 Walker, J./8/2/03 413 Corsello, J./5/2/03 407 Richey, S./5/2/03 407 Burris, R./12/6/03
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- 165 DL 640 Castro, M./10/18/03 633 Braca, J./5/2/03 619 Little, A./1/28/03 617 Cayer, A./5/2/03 600 Cirigliano, R./12/12/03 584 Sigala, M./10/12/03 580 Wright, A./2/7/03 580 Croft, B./12/7/03 578 Smith, G./6/7/03 573 Beaumaster, P./5/2/03
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- 181 DL 688 Woodley, L./12/12/03 672 Bridges, M./10/10/03 650 Ricks, D./5/3/03 640 Zweig, G./2/1/03 620 Yars, A./5/18/03 611 Petrus, M./6/22/03 608 Hagedorn, R./5/17/03 606 Cirigliano, R./2/23/03 600 Piermattei, F./8/9/03 600 Wambsgans, F./11/16/03

- 114 TOT 980 Parrish, S./4/03 940 Zeolla, G./11/15/03 881 Kirkland, M./12/6/03 722 Payne, D./5/1/03 699 Hairston, D./5/17/03 683 Solan, C./10/8/03 639 Deutsch, D./12/24/03 570 McMillan, G./7/26/03 628 Gedney, J./12/24/03 560 Shanebrook, S./11/15/03
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- 123 TOT 600 Ricks, D./3/1/03 1129 Sanders, B./6/23/03 1085 Meadows, S./5/1/03 1058 Lamb, B./10/11/03 1025 Rosen, I./5/1/03 1008 Barleen, D./5/1/03 876 Stein, E./12/5/03 770 Wilson, L./7/26/03 749 Deutsch, D./10/9/03 723 Whidden, G./8/03 722 Casper, P./10/10/03
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- 132 TOT 1118 Caputo, R./3/1/03 1107 Smith, T./5/2/03 1080 Corsello, J./5/2/03 1080 Lamb, B./14/03 1074 Altizer, B./10/9/03 1063 Bissen, J./5/2/03 1063 Richey, S./5/2/03 1003 Jones, K./5/2/03 975 Kavarnos, J./11/29/03 964 Burris, R./12/6/03
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- 148 TOT 1600 Heath, D./5/03 730 Pace, L./9/27/03 725 Warren, B./11/16/03 710 Graham, J./5/4/03 705 Capello, J./6/29/03 705 Wheeler, K./8/17/03 700 McKimmie, S./11/16/03 684 Zenas, D./11/28/03 688 Chavez, R./6/8/03 683 Garcia, C./6/14/03
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- 165 TOT 1576 Beaumaster, P./10/9/03 1532 Braca, J./5/2/03 1532 Little, A./1/28/03 1515 Cayer, A./5/2/03 1482 Olson, G./5/10/03 1465 Lewis, C./5/2/03 1438 Smith, G./6/7/03 1432 Sigala, M./10/12/03 1421 Wiltshire, G./3/1/03 1405 Rivera, M./4/12/03
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- 181 TOT 600 Wnuk, K./10/18/03 755 Wnuk, K./10/18/03 744 Lee, B./4/13/03 744 Israelson, M./8/17/03 738 Surell, E./11/28/03 738 Mitchell, M./11/29/03 733 Peckol, S./6/29/03 727 Owens, J./10/11/03 727 Munnerlyn, T./10/11/03 725 Oylar, D./11/16/03

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- 132 TOT 1118 Caputo, R./3/1/03 1107 Smith, T./5/2/03 1080 Corsello, J./5/2/03 1080 Lamb, B./14/03 1074 Altizer, B./10/9/03 1063 Bissen, J./5/2/03 1063 Richey, S./5/2/03 1003 Jones, K./5/2/03 975 Kavarnos, J./11/29/03 964 Burris, R./12/6/03
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- 242 DL 749 Capello, J./8/3/03 730 Goodman, B./2/22/03 705 Harper, R./6/8/03 694 Douglas, J./10/11/03 683 Stewart, K./5/4/03 683 Dawson, A./8/3/03 672 Graham, J./5/4/03 672 Davidson, D./5/17/03 666 Jackson, P./12/13/03 665 Russell, L./3/22/03
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- 705 Ballard, D./10/12/03 700 Ryder, K./12/6/03 699 Pearson, D./3/15/03 699 Capps, J./11/22/03 694 O'Donnell, T./10/4/03 683 Bruner, T./3/29/03 677 Wlosinski, M./4/13/03 677 Faulner, W./5/31/03 675 Pace, L./11/18/03 672 Smith, B./5/31/03
- SHW DL 777 Barlow, R./5/11/03 766 Brink, G./3/2/03 745 Wnuk, K./10/18/03 744 Hodges, J./10/4/03 740 Peckol, S./6/29/03 725 Fletcher, R./8/23/03 723 Faulner, W./12/12/03 716 Medak, A./12/12/03 700 Capoccia, R./8/10/03 699 Owens, E./10/11/03
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- 198 DL 744 Meyers, T./6/8/03 685 Kamand, T./8/10/03 665 Thomas, J./10/25/03 650 Traub, L./5/3/03 645 Slaybaugh, C./12/6/03 633 Jones, G./5/3/03 633 Lemarie, S./8/16/03 628 Sperry, R./2/23/03 622 Rhoades, D./11/9/03
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- 220 DL 750 Herring, G./12/12/03 716 Zwanstra, S./5/3/03 710 McCoy, W./12/12/03 695 Clark, Z./11/29/03 677 Garcia, R./3/29/03 667 Burlingame, D./3/2/03 661 Fisher, K./6/22/03 660 Russell, L./3/1/03 655 Schoenebeck, N./12/13/03 650 Musto, M./3/2



Jan Todd, lifted on the USA "B" Team at the Inaugural Women's Worlds, and was not eligible for the World title, under conventions of that era, but did out-total rival, Ann Turbyne. (Photo provided by Kathy Leistner)

It is hard to have a discussion about the pioneers of powerlifting without mentioning the names Jan and Terry Todd. Both established many firsts within the sport, promoted male and female lifting at various levels, and were key components to the publicity received through various media outlets in the early days of lifting. Jan and Terry were accomplished strength athletes in their own right, but gave much more back to those sports dedicated to the pursuit of strength and helped to open the door for women of the past and today. It is for these reasons that the USAPL is honored to list the Todds among the names of inaugural inductees for the USAPL Women's Hall of Fame.

First, let me give a brief overview of the Women's Hall of Fame. It was first decided to undertake this endeavor at the 2003 Women's Nationals in Killeen, TX. The Women's Hall of Fame serves to recognize those individuals, female and male, that promoted women in powerlifting through their efforts as lifters, coaches, officials, administrators, and liaisons with the world outside of powerlifting. Of course, female lifters can look up to the drug-free greats of today such as IPF Open World Champion Sioux-z Hartwig; IPF World Record Holders Jenn Maile, Priscilla Ribic, and Liz Willet; as well as IPF Masters World Champion and USAPL Executive Committee Member Bettina Altizer. But, since our sport is so male dominated, the histories of those who paved the way for female lifters such as these, as well as those who currently serve as administrators and coaches within the organization, are hard to find. Modern media is full of bios, pictures, and discussions of the

JAN AND TERRY TODD Inaugural Inductees to the USAPL Women's Hall of Fame as told to Powerlifting USA by Katie Ford

great male lifters of powerlifting's history, but the USAPL Women's Committee feels that it is time for women and their supporters to get the recognition that they deserve as well. The inaugural class of inductees included seven distinctive individuals who will serve as benchmarks for future recipients. At this year's USAPL Women's Nationals in Omaha, NE, the Women's Committee recognized Mabel and Peary Rader, Jan and Terry Todd, Judy Gedney, Pat Malone, and Ruth Welding in a short ceremony dedicated. Look for future bios on the rest of the recipients in upcoming *PLUSA* issues. Let us resume this brief history of the Todds.

Jan and Terry met in Macon, GA where Jan was attending Mercer University at the time. Terry had been a long time fan of weight training, as he had won the Junior Nationals in Weightlifting in 1963, and the first two Senior National Powerlifting Championships in 1964 and 1965. Jan was not bitten by the lifting bug until 1973, shortly after marrying Terry. The story goes, according to Terry's book *Inside Powerlifting*, that Jan walked into a local Austin gym and saw a young lady going through a deadlift workout, which was unheard of at the time. After watching the woman deadlift 225, Jan thought to herself, "I can do that too!". Shortly thereafter, Jan began to surprise men and women alike by raising the limits of what was considered possible for women in sport. She first hit the lifting platform in 1975, where she broke the 49 year old Guinness World Record two-hand deadlift with 394.5 lbs. Jan never looked back and continued to break ground for future female lifters.

Let me try to briefly highlight some of Jan's lifting accomplishments. Jan was the first woman to officially exceed 400 lbs in the squat (1977) and deadlift (1976), and to total over 1,000 lbs in all three lifts (1978). For female lifters, these are huge benchmarks and Jan was able to accomplish them in a time when a t-shirt, singlet, and belt were standard lifting apparel. Suits and wraps were available, but a joke in comparison to today's technology. Jan was the first Women's National Champion in 1977 at the All American Women's Open in Nashua, New Hampshire. This was the first sanctioned national meet for women, which Jan, Terry and Joe Zarella organized. In the first IPF Women's World

Championships, Jan had the highest total of the meet. Fellow inductee, Ruth Welding, competed in this momentous event as well, in the 165 lb division. In 1981, Jan was the first woman inducted into the IFF Hall of Fame. In that same year, Jan was the first woman to exceed 500 lbs in any powerlift with a 507 lb squat performed in the SHW class, with WRs of 545.5 lb squat, 479 lb deadlift, and 1229.5 lb total. Important to note, Jan was the first athlete, male or female, to establish a world record under the ADFPA, which was a 446 lb deadlift at 148 in 1982. This also brings to light that Jan is one of a few lifters to be able to break records in such a wide range of weight classes. Five to be exact.

Both Jan and Terry have contributed immensely to the administration, coaching, and promotion of the sport. As mentioned before, the Todds were instrumental in the organization of the first Women's Nationals. Jan, along with Cindy Reinhoudt, drafted the first rules to govern women's competitions in the US. Under the sanction of the USPF, Jan and Terry were members of the Executive Committee and lobbied for and achieved autonomy of the Women's Committee. Surprisingly, Jan was asked to coach the USPF Men's World Championship Team in 1981 and 1984. It is hard to imagine a woman fulfilling such a role on one of today's teams! Both were very adamant about drug testing and eventually left the USPF when the organization would not institute drug testing procedures for the women. The Todds embraced the ideals of the ADFPA and continued to be influential within IPF administration.

In 1977, Terry published the first major book about powerlifting, *Inside Powerlifting*, and featured Jan along with 6 other legendary lifters of the time. Also in 1977, Terry was a commentator at the World Championships for NEC's Sportsworld. This was the first broadcast of powerlifting in the United States. He did similar commentary for CBS, ESPN, and the BBC, some of which included female lifters. Jan was featured in *Sports Illustrated* as "The Strongest Woman in the World" and made a guest appearance on the *Johnny Carson Show*, in which she deadlifted 405 for reps in front of the TV audience. What coverage! Today, Jan and Terry reside



Terry Todd, creator and co-director with his wife Jan, of the Todd-McLean Physical Culture Collection at the University of Texas at Austin, recently received a gift of \$1 million from Joe and Betty Weider, pioneers in the areas of bodybuilding and publishing. The donation will be used to support the work at the Collection. (Photo by Leistner)

outside of Austin and are professors at the University of Texas, where they Co-Direct the Todd-McLean Physical Culture Collection. It is an extensive library that is internationally known as the largest and most complete archival collection in the field of physical culture. The Todds also serve as Co-editors of *Iron Game History: The Journal of Physical Culture*, whose main emphasis is on competitive sports. To learn more about the Todd-McLean Physical Culture Collection, or *Iron Game History*, you can visit <http://www.edb.utexas.edu/Todd-McLean/>. Terry also directs the Arnold Strongest Man Contest in conjunction with the Arnold Classic, which Jan serves as Co-director for the strongman events.

It is hard to include all of the Todds' contributions to the sport within one article, but more information can be found at the USAPL website under the Women's Hall of Fame at <http://www.usapowerlifting.com/halloffame/women/index.shtml>. Information and pictures about the other inductees, as well as nomination procedures, can be found there as well.

I would like to conclude with a quote from the Todds. It embodies the outlook that the USAPL Women's Committee wishes to promote to female lifters of all levels. "Try to think of strength as an aspect of humanity and not something that's gendered. (We) think a lot of women, even now, are limited in their pursuit of strength by our cultural identification with strength as 'masculine' and weakness as 'feminine'. But strength is no more masculine than is speed, and (we) can't imagine anyone anymore who believes that women should not run as fast as they can".

To all the female competitors, embrace your talents and continue to raise the bar!

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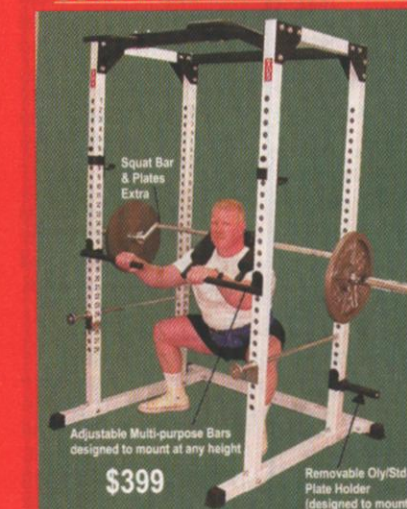
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**President's Message:
An Exciting Spring in
USAPL**

Spring is typically our busiest time Nationally, and starts the international competition schedule as well. Last month, I mentioned the Master's Bench Press (World) Team. They have returned from Slovakia, with a number of Gold Medals, individually, and as a team. In the team standings, the USA brought home the Gold Medal in the Master 1 (40-50) Division. The Men's Master II (50-59) and the Women's Master I (40-49) divisions garnered the Bronze Medals.

Individual athletes who medalled were:

Gold Medal:

Helen Sauer (M2, 75 kg.)
Dave Doan (M2, 110 kg.)
Frank Klinger (M2, 125 kg.)
Frank Beeler (M2, +125 kg.)

Silver Medal:

Angela Simmons (M1, 60 kg.)
John Corsello (M1, 60 kg.)
Greg Zangl (M1, 82.5 kg.)
Raoul Donati (M1, 125 kg.)
Kevin Johnson (M2, 125 kg.)
Paulette Calhoun (M1, +90 kg.)

Bronze Medal:

Leigh Haines (M1, 56 kg.)
Pam Zangl (M1, 75 kg.)
Dana Rosenweig (M1, 90 kg.)
Rich Wenner (M1, 100 kg.)
Dan Gaudreau (M1, +125 kg.)
Ivan Zwick (M3, 67.5 kg.)

There were many excellent performances by lifters who weren't fortunate enough to medal, but whose efforts supported the team efforts and success. The coaching staff, headed by Nectar Kirkiris.

National Competitions

The High School Nationals was held toward the end of March in Milwaukee, Wisconsin. 390 athletes competed, and while the results are too extensive to review here, they may be accessed at: www.usapl-wi.com. There were a number of teams present at the competition, and the high number represent the continued growth of high school programs in the U.S. The placings of teams are:

USA POWERLIFTING CORNER

Division	Place	School/State	Head Coach
Varsity Boys	1 st	Plainwell, Michigan	Tod Miller
	2 nd	Alexandria, Louisiana	Duane Urbina
	3 rd	St. Xavier, Wisconsin	Larry Traub
	4 th	GET, Wisconsin	Jon Steffenhagan
	5 th	Neenah, Wisconsin	Joe Lewis
	6 th	Bellevue E., Nebraska	Phil Burlingame
	7 th	N. Central, Indiana	March Anderson
J.V. Boys	1 st	Plainwell, Michigan	Tod Miller
	2 nd	Neenah, Wisconsin	Joe Lewis
	3 rd	GET, Wisconsin	Jon Steffenhagan
Varsity Girls	1 st	Alexandria, Louisiana	Duane Urbina
	2 nd	Plainwell, Michigan	Tod Miller
	3 rd	Neenah, Wisconsin	Joe Lewis
	4 th	GET, Wisconsin	Jon Steffenhagan
J.V. Girls	1 st	Neenah, Wisconsin	Joe Lewis
	2 nd	Necedah, Wisconsin	Erich Mach
	3 rd	GET, Wisconsin	Jon Steffenhagan

By these team results, it is obvious that USAPL powerlifting is big in the Midwest, but that there are many other areas with well developed and growing programs. Athletes from many other states attended as well.

Collegiate Nationals

As I write this, the Collegiate Nationals are ongoing. 200 athletes from more than 20 universities are

contesting for Team awards, and athletes may earn All-America honors in addition to medals. Preliminary reports are that a number of Jr. World Records have been attempted. Stay tuned for results next month.

Top 20

This month, we feature the top 20 Women at 67.5 kg., and the top 20 Men at 82.5 kg. The complete top twenty rankings can be found at: <http://www.usapowerlifting.com/newsletter/ranking/rankings.html>.

National Office Move

The USA Powerlifting National Office has relocated to a spacious new facility, but remains in Columbia City, Indiana. The new mailing address is: P.O. Box 668, Columbia City, IN 46725. The phone number is unchanged: (260) 248-4889, as is the e-mail (usapladmin@skynet.net).

USAPL Merchandise

While we have always had USA Powerlifting t-shirts and polos available, USAPL is expanding our line of merchandise to include hats (beanies), women's t's, tank tops, sweatshirts, and singlets. You may still get USAPL medals through the National Office. Look for our online store, coming

soon to the USAPL website:
www.usapowerlifting.com.

USAPL Club Information

We continue our efforts to encourage USAPL lifters to get together to train and exchange ideas when traveling.

Jersey Shore Fitness
711 Brinley Ave.,
Bradley Beach, NJ 07720
Matthew Clark (732) 988-9888

G.E.T. Powerlifters
W18575 Cty Rd DD
Etrick, WI 54627
Stephanie Baer (608) 582-4487

Naval Academy PL Club
P.O. Box 14971
Annapolis, MD 21412
Joseph Sweger (717) 438-3665

Team NSR
1162 Wilkinson Rd.,
Richmond, VA 23227
(804) 422-0200

USAPL Bobcat Open
7 FEB 04 - San Marcos, TX

WOMEN	SQ	BP	DL	TOT
Collegiate				
97 lb.				
Abby Shields	187	99	204	491
123 lb.				
S. Stone	248	132	265	645
132 lb.				
Lisa Dugan	220	160	292	672
Lisa Laughlin	226	116	276	617
Patsy Pederson	209	110	259	579
Niss Carlson	154	105	254	513
148 lb.				
N. Hellerstedt	265	165	298	728
C. Bownsan	187	94	237	518
165 lb.				
S. Kroper	237	187	314	739
MEN				
Youth (11)				
77 lb. (best two lifts)				
M. Gremillion	50/61	33/50	88/110	
Teen (15)				
220 lb.				
Dustin Earnest	391	243	502	1105
Collegiate				
123 lb.				
Miles Nash	298	193	375	865
132 lb.				
T. Dirienzo	375	259	446	1080
J. Hagendorf	342	281	331	953
Aaron Walz	309	215	375	898
Matt Acosta	276	215	397	887
148 lb.				
Stoney Portis	441	276	452	1168
Masey Wolfe	380	270	474	1124
William Lee	386	231	441	1058

2004 OPEN MEN'S WORLD TEAM QUALIFYING PROCEDURE

Due to a Team USA drug test failure at the 2003 IPF Worlds, the USAPL will be limited to a team of 10 lifters in 2004, per IPF rules. Additionally the USAPL is required by the IPF to compile a list of all potential 2004 Men's World Team members and submit that to the IPF by May 1st. The list may contain a maximum of 35 names. After the list is submitted to the IPF there can be no names added to the list for any reason. The USAPL Coaching Committee, along with the Executive Committee, have developed the following procedure:

The initial list contains the top 35 totals by percentage of the 2004 World Team Standard, using all IPF meets and IPF qualifiers for 2002 and 2003. There is a maximum of five lifters per weight class on the list.

The IPF North American Cup to be held on April 10th in Ft. Lauderdale, Florida will be the only opportunity for lifters to either make the list or keep from getting bumped off it.

The Men's Senior National Championships in Baton Rouge, Louisiana this July will determine the final team roster using the same procedures as last year. If you are not on the list of 35 you are NOT eligible for the 2004 World team, regardless of placing or total in July.

The coaching committee will contact everyone on the preliminary list to confirm their interest in going to the Worlds in South Africa in November. Also, lifters on the list will be required to send in their entry for the Nationals by April 20th in order to stay on the list.

USAPL Coaching Committee

165 lb.	SQ	BP	DL	TOT
Michael Dyer	474	336	485	1295
Joshua Leone	419	331	507	1257
Gilberto Nieves	397	292	551	1240
D. Weisinger	402	276	502	1179
181 lb.				
F. Diego	529	331	491	1350
J. Mreszeyir	474	347	502	1323
G. Warren	402	292	452	1246
198 lb.				
Derek Curry	507	397	601	1505
Hassan Farid	562	364	529	1455
Bryan Tatum	507	336	524	1376
Austin Story	446	320	507	1273
220 lb.				
N. Horton	540	347	584	1472
Ryan Carlton	573	336	551	1461
Clay Payne	474	314	518	1306
242 lb.				
Adam Smoot	551	413	606	1571
L. Barajas	474	353	480	1306
Joey Perot	491	303	513	1306
Open				
123 lb.				
Steven Hunter	402	231	446	1080

(Thanks to USAPL for these meet results.)

USAPL Fall Classic
18 OCT 03 - Baton Rouge, LA

114	SQ	BP	DL	TOT
Master				
Tara Rivers	115	230		
Jamie Johnson	365	250*	385	1000
Reynolds Young	135	90	180	405
Damian Breaux	250	175	160	585
123				
Jeff Olcsvary	365	275*	410	1050
Derek Dupuis	305	165	405	875
132				
Kevin Jones	370	235	340	945
148				
Heath Young		185	315	
Bj Broadhurst	325	190	400	915
Glenn France	465	225	480	1170
165				
D. Cagnolatti	475	385	530	1390
181				
Catlin Green	245		245	
Jesse Hodges	410	330	405	1145
D. Courville	475	235	485	1195
Billy Roth		225	225	
James Lyons	360	235	350	945
Billy Callihan	185		485*	795
198				
Adrian Serio	615	375	575	1565
D. Broussard	300	240	375	915
220				
Travis Werner	680	440	585	1705
Mike Godawa	555	440	590	1585
Harvey Barton	445	230	475	1150
275				
Open				
Kedrick Fleming		225		
Masters				
Tom Babcock				
M. Alderman	500	295	500	1295
SHW				
Master				
Kory Wnuk	755	600	745	2100

(Thanks to USAPL for the results.)

US Naval Academy Qualifier
07 FEB 04 - Annapolis, MD

WOMEN	SQ	BP	DL	TOT
114 lb.				
K. Kageyama	185	105	225	505
148 lb.				
Dara Ching	185	155	300	640
Caryn Myers	215	140	255	610
Sarah Coleman	220	120	200	540
Angela Raab	115	120	225	460
MEN				
123 lb.				
J. Navarre	250	—	—	—
132 lb.				
Nick Cincotta	255	135	390	725
Paul Ortiz	235	180	250	665
C. Mungia	—	—	—	—
148 lb.				
Matt Panizari	360	175	415	950
165 lb.				
Cliff Adams	425	250	405	1080
198 lb.				
Damian Kins	390	385	495	1270
220 lb.				
Tom Duff	540	335	530	1405
James Munn	315	295	375	985
Nate Myers	285	225	360	870
Zack Keller	255	240	345	840

(Thanks to USAPL for these meet results.)

WORLD TEAM QUALIFYING STANDARD

In order to become an AUTOMATIC selection to the 2004 Mens World team you need to:

- Win the 2004 USAPL Seniors in Baton Rouge, Louisiana
- Pass the drug test
- Total at least the average 5th place total from the last 5 IPF Worlds.

Here are the official 2004 World Team qualifying totals, using the exact average for the percentages.

Lifters will need to meet or exceed the total to become automatic selections, along with winning their class and being on the Top 35 list submitted to the IPF.

- 114—533.5kg. (1177)
- 123—558.5 (1232)
- 132—604 (1332)
- 148—670.5 (1479)
- 165—748 (1650)
- 181—784.5 (1729)
- 198—851.5 (1877)
- 220—861.5 (1899)
- 242—897.5 (1978)
- 275—950 (2093)
- SHW—971.5 (2141)

Team USA will be limited to 10 lifters for the 2004 IPF Worlds, in the event that all 11 weight class winners hit the total in July the lowest ranked winner will be the 1st alternate.

Any winners who don't achieve the total will be placed in the alternate pool along with the top non-winning totals from all classes. These lifters will then be ranked on a percentage basis, using their total in comparison to the 5th place average of the previous five Worlds. This alternate list will be used to fill in any open spots on the team.

USAPL Coaching Committee

SLP Steve "Mad Dog" Houston
Memorial Iowa Regional
2 MAY 04 - Coralville, IA

BENCH PRESS	198		
teen men 13-15	Josh Power	475*	
165	242		
J. Allsup	135*	Linus Fedler	320
submaster men		275	
198	Jeff Leach	665*	
E. Mendez	340	S. Houston	550
master men 40-44	308		
198	John Hansen	445	
R. Hennigar	390*	Shw	
(4th)	400*	Bill Reagan	560*
Matt Allsup	300	DEADLIFT	
(4th)	330	teen women 18-19	
220	148		
Tim Jennings	340	Claire Dirks	280*
275		junior men	
M. DenBeste	415*	198	
master men 45-49	M. Michalec	475*	
220	(4th)	485*	
John Lambert	390*	master men 45-49	
242		220	
Kurt Haines	385	John Lambert	520*
(4th)	395	275	
master men 50-54	M. DenBeste		
220		open men	
Russ Millage	225*	275	
(4th)	230*	S. Houston	700*
Shw	Bill Reagan	308	
Bill Reagan	560*	John Hansen	585*
Pete Agnew	255	shw	
police & fire	John Lambert	520	
220		open men	
John Lambert	390*	275	
242		S. Houston	700*
Linus Fedler	320	308	
open men	John Hansen	585*	
165	shw		
Seth Burns	350*	Bill Reagan	505



Steve Houston, Jr., (l) DL best lifter, with award commemorating the life of his father, Steve "Mad Dog" Houston, with BP best lifter Jeff Leach at the SLP Houston Memorial BP/DL Championship. (Latch)

which he would have made, but I felt a try at 600, in memory of "Mad Dog" would be more appropriate. You could just see "Mad Dog" lifting off to Bill and yelling, "Come on, Bo Bo!"..... Pete Agnew finished second to Bill at shw with 255. In the police & fire division John Lambert set the state record at 220 with 390 while teammate Linus Fedler won at 242 with 320. In the open division Seth Burns broke the state record at 165 with a solid 350, while Josh Power did the same with his fourth attempt with 475 at 198. Linus Fedler got his second title of the day with his win at 242 with 320. Then at 275 best lifter Jeff Leach broke his own personal best and state record with a great 665. A fourth with 700 might have gone, but quickly slipped out of the groove off the chest. Second place at 275 went to Steve Houston, Jr., who finished with a personal best 550. John Hansen took the title at 308 with his opener of 445, which was a pr for his weight class while Bill Reagan broke the existing mark at shw with 560. In the deadlift competition Claire Dirks proved why she was the best looking lifter of the day, she was the only lady lifting! Claire, who just started competing last

year, finished with 280, breaking her own Iowa state record at 18-19/148. Mike Michalec, lifting in his first competition, broke the state record for the junior 198 class with both his third (475) and fourth (485) attempts, both also new personal records for him. John Lambert broke the state record at 45-49/220 with just his opener of 520, passing on his last two attempts due to cramping. John also won the police & fire/220 title. Big Bill Reagan managed only his opener also, pulling an easy 505 state record at 50-54/shw, not because of cramping, but as Scott Hobart (?) would say, "Bill's Supersized!" Maybe Bill has put on a "few" pounds, but only because the old "Quad City Connection" has kind of fallen apart, and don't offer as much support to Bill's training as it did in its heyday. Bill "Roc" Swift, nearing the age of 56 and coming off his recent pugilistic tour (By the way if you need 4 or 5 older teenagers beaten up, hopefully over the age of seventeen, Bill's the man!) did a great job lifting off to Bill Reagan. Scott Hobart (?), however was never to be found. Where was Scott? He didn't help lift off, or spot or load. He did seem to be spending a lot of time flirting with all of the married women (whose husbands were competing). The rest of the time the "Mysteriously Missing" Scott Hobart was never seen. I just hope he didn't visit the bathroom more than once or twice during the meet. I'd kind of like to have more meets in the future at this gym, but I know how expensive the "Rooter Rooter Man" can be when certain people overuse the facilities! Okay, enough of that. The highlight of the deadlift competition was Steve Houston, Jr.'s great 700 pull. Not only was it a new personal best for Steve, but also a new state record at 275 open, garnering him the well-deserved best lifter honors for the competition. Training partner John Hansen dropped down to the 308 class, setting the state record there with another great pull of 585. At shw it was Bill Reagan again for the win with 560. Taking the team honors was the "Boys from Iowa" Power Team, which included John Lambert, Eddie Mendez and Linus Fedler. Thanks to all

who helped out and to our trophy girl, Macey DenBeste. After the competition a few of us went out to eat and spend some time visiting and remembering old "Mad Dog" stories. Of course, there was a little sadness without our old friend, but we have those great memories and the blessing of knowing someone very special, a person who touched the lives of so many. May we always take the time to be thankful for those people. (courtesy Dr. Darrell Latch).

SLP Michigan Open
01 DEC 04 - Holland, MI

BENCH (RAW)	220		
novice men	Chad Dailing	500*	
148	Shw		
C. Loyola	260*	Boe Barton	380*
(4th)	270*	teen women 13-15	
teen men 16-17	123		
198	Sarah Skiver	210*	
R. Handrinos	355*	(4th)	225*
teen men 18-19		submaster women	
308	165		
Taylor Wilson	330*	Joy Chapman	230*
junior men	(4th)	240*	
275	242		
James Rude	315*	Lynn Philp	300*
master men 40-44		45-49	
308	181		
R. Handrinos	455*	L. Boshoven	465*
master men 50-54		women 50-54	
198	123		
T. Sheehan	315*	C. Milerand	175*
Ray Rios, Jr.	270	novice men	
(4th)	280	308	
police & fire	S. McCarry	600*	
198	teen men 13-15		
Aaron Denis	380*	97	
242	Stephen King	115*	
Bryan Stanton	365	181	
open men	J. Handrinos	400*	
123	teen men 16-17		
Vin Voen	230	148	
148	C. Patterson	425*	
Sarah Mok	260*	(4th)	435*
165	198		
Ramiro Loyola	280*	R. Handrinos	520*
(4th)	290*	junior men	
181	275		
Tee Aupperle	310*	James Rude	500*
D. Marzynski	260	submaster men	
275	220		
Todd Cooper	385	Mike King	530*
BENCH PRESS		master men 40-44	
(ASSISTED)		308	
teen women 13-15	R. Handrinos	550*	
123	master men 50-54		
Sarah Skiver	75*	220	
teen men 16-17	Jim Jeurink	505*	
148	275		
C. Patterson	240*	Gordon Heiss	415*
open men		open men	
123	198		
Vin Voen	230	E. Aquinaga	540*
198	220		
E. Aquinaga	440*	Chad Dailing	630*
(4th)	450*		

* Son Light Power Michigan state record. team championship - Healthy Lifestyles. At the Son Light Power Michigan Open we had a great time, with great lifters, new friends and old. Thanks to owner Bob Lamb for hosting this event, held May 1, 2004 at Flex Fitness Center in Holland, Michigan. In the bench press competition we had two divisions, both raw and assisted. In the raw division Cristino Loyola won at novice 148 with his 260 final attempt. A fourth with 270 was also good, setting the state record there. Randy Handrinos, Jr. had the makings of a great day of lifting with his 355 state record at 16-17/198. Taylor Wilson tied the existing state record at 18-19/308 with his 330 second attempt, coming within inches of locking out 350 for his third. James Rude set the record at junior 275 with 315 while Randy Handrinos, Sr. got the biggest raw lift of the meet with 455. This was a new state record for the 40-44/308 class. Timothy Sheehan got the record at 50-54/198 with his 315 opener over Ray Rios, Jr. who finished with 270, then a 280 fourth. First-time competitor Aaron Denis tied the state record at police & fire/198 with 380 while training partner Bryan Stanton tied his own state record at 242 with 365. In the open division Vin Voen won at 123 with 230, Vin



Cody Patterson, with state record 435 @ 16-17/148 at the SLP Michigan Press BP/DL Championships (Photo D. Latch)

being the state record holder there. Sarah Mok set the record at 148 with 260. Ramiro Loyola did the same at 165 with his 280 third and 290 fourth attempt. At 181 it was Tee Aupperle over Dan Marzynski 310 to 260. Tee's lift set the state mark there. Then at 275 it was Todd Cooper with 385, just missing a final with 405. The best lifter award went to Ray Handrinos, Sr. who got 455 @ 300. In the assisted division Sarah Skiver set the state record at teenagewomen 13-15/123 with 75, coming close with a personal best 100! Cody Patterson won at 16-17/148 with a new state record of 240, just missing a pr 260 due to a slight dip of the bar. In the open division Vin Voen won with 230 at 123. Eddie Aquinaga had a great day, making a 440 third, followed with a 450 fourth state record bench at open 198. Having an even better day was Chad Dailing, who got his first 500 bench, weighing in at only 209! Setting the state record there, Chad also garnered the best lifter award for the assisted event. Our final bench was Boe Barton, who won at shw open, finishing with a personal best and state record 380. This guy has lots of potential! In the deadlift competition Sarah Skiver won her second title of the day at 13-15/123 with a 210 third and 225 pr fourth attempt pull. Joy Chapman won at submaster 165 with 230, followed by a strong 240 fourth. Lynn Philp got a great personal best 300 pull at submaster 242 while Lynne Boshoven pulled just her opener of 465 @ 45-49/181. Just 465, at a 171 wbt! Joy, Lynn and Cynthia were all coached by Lynne Boshoven and all were competing for the first time. At novice 308 it was Shannon McCarry with a big 600, lifting in his first competition. Nine year old Stephen King pulled a great 115 for the title at 13-15/97 while John Handrinos won at 181 with 400. Cody Patterson continues to prove why he is considered one of the best lightweight teenage pullers around with a great 435 personal best fourth attempt at 16-17/148! Randy Handrinos, Jr. is also no slouch with a great 520 pull at 16-17/198! In the junior division once again it was James Rude with 500, but with plenty more in him! Mike King won at submaster 220 with 530 while Randy Handrinos, Sr. won at 40-44/308 with 550. Jim Jeurink set the mark at

50-54/220 with 505 while teammate Gordon Heiss won at 275 with 415. Jim and Gordon are also coached by Lynne Boshoven. In the open division Eddie Aquinaga finished a great day with a personal best 540 at 198. Taking the title at 220, along with the best lifter for the deadlift meet was Chad Dailing with a strong 630 pull. All of the lifters in the deadlift competitions set new Michigan state records, since this was our first sanctioned meet there. Thanks to all who helped with the spotting, loading and judging duties and a special thanks to our trophy girl, Jackie Soles. The team trophy went to Healthy Lifestyles, which included Aaron Denis and Bryan Stanton. I want to also thank Lynne Boshoven for all the hard work she has put into those she coaches. A good coach gives so much of themselves to others and we don't always remember to let them know how much we appreciate their efforts. So thanks, Lynne! (Results by Darrell Latch)

IPA Mark Rexroad Memorial
21 DEC 03 - Glens Falls, NY

Women	SQ	BP	DL	TOT
114 Pro Open				
S. Parrish	390	170	345	905
132 Amateur Open				
Amy Roberts	280	205	230	715
165 Amateur Open				
C. Seymour	240	165	305	710
165 Pro Open				
Julie Scanlon	555	375	500	1430
4th	401			
Men				
165 Amateur Open				
Brian Crow	665	475	575	1715
Shay Larnsey	640	395	550	1585
181 Amateur Open				
F. Piermattei	620	430	575	1625
Josh Wood	490	345	550	1385
198 Amateur Open				
Lew Einfalt	680	570	530	1780
B. Serritella	575	370	570	1515
Howie Reece	575	335	475	1385
Paul Kane	430	375	430	1235
220 Amateur Open				
J. Drumm	680	425	515	1620
Blaine Rundle	660	405	530	1595
220 Teen				
James Herrea	560	370	505	1435
242 Amateur Open				
Damon Byrd	550	300	530	1380



Chad Dailing, with his first 500 bench at the Michigan Open (Photo Latch)

242 Pro Open	725	505	675	1905
Butch Smith				
275 Amateur Open				
P. Simpson	650	525	570	1745
275 Police				
Joe Wargo	675	505	550	1730
275 Teen				
K. Millheiser	800	500	700	2000
Bench	Jeff McVicar	635		
Women	Scott Rabine	585		
123 Pro Open	Mike Wolfley	560		
J. Faraone	285	220	Am Open	
148 Am Open	Tom Young	345		
Anita Ramsey	200	220	Teen	
165 Am Open	L. Ciccarelli	370		
Sue Lewis	225	242	Teen	
198 Pro Open	James Basile	320		
S. McCaslin	280	242	Amateur Open	
Men	Mike Ferlito	380		
165 Am Open	242	Am Junior		
Mike Fosmire	270	J. Szafranski	360	
165 Pro Open	242	Am SM		
Joe Mazza	530	Chris Barden	450	
181 Am Open	242	Pro Open		
D. Kirschen	425	Bobby Fields	705	
181 Am SM	275	Am Open		
Ron Daly	485	Bill Laffan	455	
W. Fosmire	265	275	Am SM	
181 Teen	C. Schultz	500		
Ron Daly Jr.	215	275	Pro Masters	
181 Pro Masters	Joe Border	530		
Matt Jones	275	308	Am Masters	
198 Amateur	B. Godden	500		
C. Scarincio	420	308	Pro Masters	
198 Am Masters	Bob O'Brien	450		
John Payette	380	SHW Am Open		
198 Pro Open	S. Lattimer	780		

USAPL ASH QUALIFIER
29 FEB 04 - Alexandria, LA

Powerlifting	SQ	BP	DL	TOT
Chasidee Lewis	185	80	200	465
R. Roberts	200	90	200	490
India Ray	185	100	230	515
Lesley Urbina	235	100	230	565
Laura Cataldie	185	100		
Tiffany Batiste	250	115	235	600
Angelnette Lee	250	110	265	625
Ericka Booze	275	130	275	680
Heather Cotton	275	125	275	675
John Limer	230	120	290	640
Matt Molosso	225	145	265	635
D. Sheppard	350	200	365	915
Will Slaughter	425	180	400	1005
Eric Thomas	425	210	410	1035
Donnie Ferrier	440	230	480	1150
Jon Jarred	450	290	45Q	1190

Meet Director: Duane Urbina. Head Judge: Trey Cunningham. Side Judge: Luke Quebedeaux. Side Judge: David Villafranca. (Thanks to USAPL for providing the results.)

Fitness Unlimited 2nd Annual BP
17 JAN 04 - Lock Haven, PA

Master's II	Jim Shriner	370	
Steve Gee	255	370	
Master's II	Open Men's 198		
Larry Bottorf	300	Mike Wolfley	550
Master's I	Open Men's 198		
Doug Kline	310	Jim Savage	400
Master's I	Open Men's 220		
Blake Bergey	275	Dave Stahl	440
Master's I	Open Men's 220		
Larry Bottorf	300	Jon Mayes	425
Women's	Open Men's 242		
Erin Ryder	245	Chris Kitchen	550
Women's	Open Men's 242		
Sue Feathers	135	Chris Kitchen	550
Women's	Open Men's 242		
Amanda Judy	85	Open Men's 242	
Teen's	550	L. Livermore	445
Dan Fultz	180	Open Men's 275	
Teen's	135	John Stahl	575
Allen Clinger	135	Open Men's 275	
Open Men's 148	300	Scott Everly	360
Brian Durkee	300	Open Men's 275	
Open Men's 148	575	Matt Nihart	335
Jim Bailey	245	Open Men's 165	
Open Men's 165	360	Open Men's 165	
Matt Nihart	335	Open Men's 165	
Open Men's 165	300	Open Men's 165	
Open Men's 165	300	Open Men's 165	
Doug Kline	310	Open Men's 165	
Open Men's 181	300	Open Men's 165	
Best Lift - John Stahl	1st Place Team Iron Legion.	(Meet results by Fitness Unlimited)	

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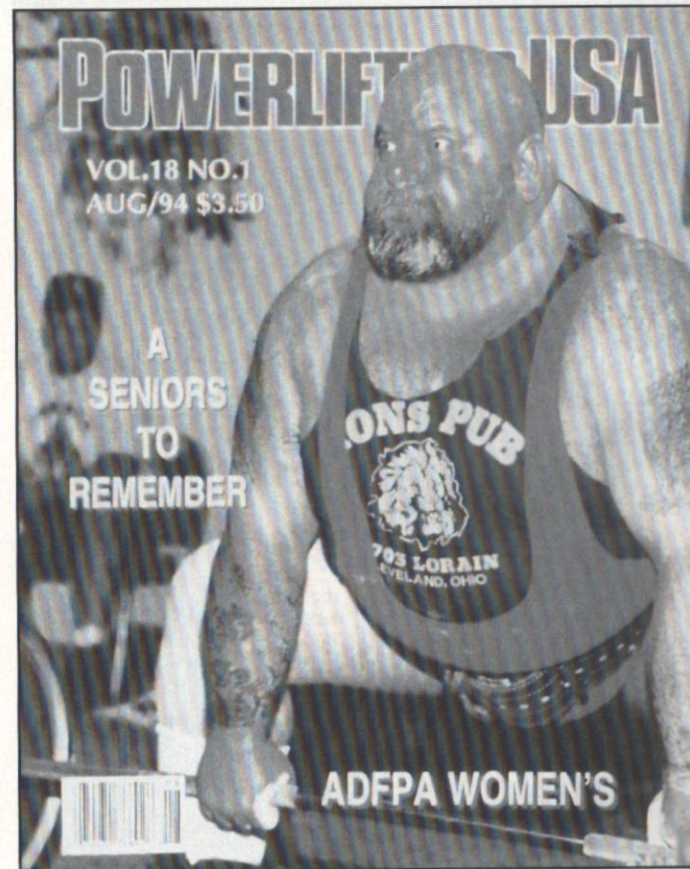
Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPFF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFFA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points , TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickie Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
Jul/96... AAU Men's, USPF JRs., DHEA, s, '65 vs. '95 Top Ten, "Chain Reactis" by Louie Simmons, Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribroxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
Jan/97 ... IPF Worlds, WPC Worlds, Step by Step Training by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW/Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Enrich, Power Biceps Training, Larry Miller interview, Top 100 Ltvs.

Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors,, Speed Strength, TOP 100 220s
Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Nov/98... A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlelts., Isoflavones.
Dec/98... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU / AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPFF Worlds, Jerry Tancil, TOP 100 198s.
Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99 ... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
Aug/99 ... The Rubber Band Man, the "MuscleTown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
Sep/99 ... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith=Triac, York Spectacular, TOP 100 132s
Oct/99 ... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99 ... Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.
Dec/99 ... IPF World Masters/Juniors,

USAPL/AAU BP Natls, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s
Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s
Mar/00 ... USAPL Women's , WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00 ... Dennis Cieri, J.M. Press?, Knee Wraps, The Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s
Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s
Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s
Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00 ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz[Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s
Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s
Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s
Feb/01 ... Garry Frank Goes 2500, WPC Worlds Pt.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Natls, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s
May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, TOP 100 275's
Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals,, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit,, TOP 100 123s
Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain &

The August 1994 edition of POWERLIFTING USA was a very popular issue because the coverperson was the likable "Hoss the Boss" from the APF Men's/Women's Senior Nationals. Among the top performances at that meet were Doris Simmons 303 154 330 788 at 105, Tamara Grimwood's 540 387 501 1527 at 181, Rickey Crain's 716 407 633 1757 at 165, and Curtis Leslie's 881589 749 2220 at 242. We had an interview with Paula Suzuki, who used her exceptional powerlifting skills to build a spectacular physique. The Workout of the Month was by IPF World Record setter Shane Hamman. Sandi Brady had a great write-up of the ADFPA Women's Nationals. We had the historic shot of the first woman's 400 bench press, Tamara Grimwood's 402 at the Iron Island Bench Press Blowout, as well as Craig Tokarski's historic 705at 275 at the Budweiser Bench Press Classic. Herb Glossbrenner's TOP 100 squatters in the 275 lb. class was topped by Dave Pasanella with his 1030, with George Frenn's 815 (from 1971) coming in 92nd. On our TOP 100 list for the 114s, Chuckie Dunbar had the best squat (501), bench (314), and total (1173), and the best deadlift was 468 by Mr. Tram. Dave "Slice" Weiss was 93rd in the squat (214); former ADFPA woman's star Paula Kovalchik was 98th in the bench with 98; Siouz-z Hartwig was 68th in the deadlift (292),



BACK ISSUE OF THE MONTH... you can still get the AUG '94 edition of PL USA, and many others, for \$5 postpaid (see details below, and ask about our price break(s) when you order more than one issue!)

and former Women's IPF World Champion, Ginger Lord, as 61st in the total with 683. Dr. Ken Leistner described in detail what it was like to

have an historic all time barrier broken namely, Tamara's 402. Ed Coan's "The Bench Press Video" was reviewed by Marty Gallagher.

MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s
Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview/700 BP Club, Speed Cycling by Louie S., TOP 100 148s.
Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s
Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success , Jill Mills, Rich Salvagni, TOP 181s
Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s
Feb/002... WABDL DL Worlds, IPF BP Worlds, WNPFF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time TOP SQs, TOP 100 220s
Mar/02 ... USAPL Women's Natls, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02 ... WPO Finals/Qualifer/Arnold Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s
Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your

Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.
Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.
Aug/02 ... APF Seniors, USAPL Men's Natls, USPF Srs/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.
Sep/02 ... Kennelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s
Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Natls, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s
Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s
Dec/02 ... WPO Semis (931 DL!), Bench Bash for Cash, WPC Worlds, IPF Subjr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181
Jan/03 ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.
Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Les-

sons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.
Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP Workout, The Tendo Unit, TOP 20 Women/Master/Teen lists
Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt.1, Equipment, Never Looking Back by Louie, TOP 100 242s.
May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.
Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs
SEP/03 ... USAPL Men's Natls, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s
Oct/03 ... Gene Bell, John Ware Workout, Siouz-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.
Nov/03 ... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s

Louie Simmons wrote on the subject of "Supplemental Leg Training". The ADFPA's popular Felicia Manganiello was interviewed by Bob Gaynor, and Spero Tshontikidis talked about his MEP program, which focused on powerlifting as part of his school counseling treatment program. We had the "pro" (Pete Alaniz) and "con" (Marty Gallagher) on the new IPF bench press rule (is it going to be changed back soon?) We had a nice NASA National Masters report, and Larry Miller described how his sports psychologist helped his bench press. Joe Walden described his feelings after the suicide of his fellow competitor Kevin McClaverty. Evgeny Popov, a sensation in the Bulgarian olympic lifting program until injury kept him out of the Moscow Olympics, after which he turned to Powerlifting. We also had a nice report on the APF Teen/Jr./Masters Nationals. In our report from the USPF President, Peter Thorne indicated that John Black had resigned from the USPF Presidency on May 9th, and Peter had been elected by the Executive Committee to fill the position. On the ADFPA TOP 20 for the 198s, the top lifts were by Scott Waits (a 710 squat), Perry Lewis (534 bench press) and Rich Seldal (716 deadlift and an 1818 total). Rich Wenner was 16th in the squat (644), Greg Jones was 12th in the Bench Press (440), Dave Anguish 18th in DL (630) and Chad Holmes 10th in total (1692)

Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s
Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s
Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s
Mar/04 ... USAPL Women's Natls., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s
Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s

LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING S&H), SEND TO POWERLIFTING USA, BACK ISSUES, BOX 3238, CAMARILLO, CA 93011. (SPECIAL PRICE ON MULTIPLE QUANTITIES: 2-3 BACK ISSUES - \$4.50 EACH, 4-9 BACK ISSUES - \$4 EACH, 10-24 BACK ISSUES - \$3.50 EACH, 25+ BACK ISSUES - WE NEGOTIATE A BETTER PRICE)

**Wisconsin Bench Press Champs
01 MAY 04 - Madison, WI**

Men's Masters	Ricky Lea	340
SHW	198	
Jim Ray	445	Jon Deitrich 315
181		220
Taylor Askew	345	Mark Breitenbach
Men's Open	242	
148		Robert Hanson 360
Andy Kaszubski	275	John Rublein 360
Aaron Wruck	215	Ryan Truesdell 315
165		275
Bret Funk	365	*Patrick Rohde 465

**14th Annual BP Classic + DL
01 FEB 04 - Granger, IN**

BENCH	Eddie Aquinaga	420
148	Jeremy Hines	412.5
Women	Jeff Whiteman	310
Becky Singer	95	220
SHW	Chad Dailings	460
L. Oppenhuizen	100	Ryan Pettet 325
181		242
Novice	Bryan Hoffman	450
Jordan Hines	275	John Wagner
198		275
B. Diboard	300	Gerrit Bult 495
242		242
L. Robinson	315	Open men
181		Bryan Hoffman 450
Master	198	
Fred Stokes	198	DEADLIFT
Darrel Horn	350	Master
Ted Clevenger	275	Ted Clevenger 525
242		4th 550
Raoul Donati	565*	Master 55+
242		Mike Wider 430
Master 50+	330	4th 440
Tim Sheehan	242	SHW
242		Women
Master 55+	300	L. Oppenhuizen 345
G. Washington	300	198
Teen 14-15	123	Men natural
123		Eddie Aquinaga 525
Chad Cooper	130	4th 535
Teen 18-19	198	220
198		Chad Dailing 600
Jeremy Hines	412.5	242
123		John Wagner 600
Men, natural	275	
*N. Krumrie	250	Gerrit Bult 710
198		

* - meet record. !-Central Bench Press League record Best lifter, bench press - Nathan Krumrie. Best lifter, deadlift - Gerrit Bult Special thanks to: Anson Wood, Dick Van Eck, Randy Hull, Mike Wider, Larry Boynton, George Lealiifano and Rich Salvagni This was the first meet I co-promoted with Anson Wood and with his help we had a good turnout. It also saw a 13-year-old Central Bench Press League record fall. Nathan Krumrie made a nice 250 at 123, which will land him close to the top 10. Since my best lifter awards are based on who makes the highest ranked lift, he won easily. I have never liked any of the formulas because the smaller guys always seem to get screwed, and of course pound for pound would never allow a heavy lifter to win, so this was the solution I came up with several years ago. Nathan was the lightest guy to win a best lifter at one of my meets and I heard the usual arguments, that there aren't as many 123's, it's easier to make the top 100 and so on. Well if it's so easy, how's come he's the first 123 lber. to win a best lifter at a CBPL meet? The truth is there are very few 123'ers because it is extremely difficult to keep your weight down once you start training with heavy weights (unless you're extremely short), and even harder to lift anything with the limited amount of muscle one can carry at that weight. I know, I did it for my first meet ever and never did it again, so I can really appreciate what he accomplished. So hats off to you, Nathan, and I hope you come back for one of the meets where I give away cash for best lifter. That leaves the record at 114 as the oldest record on the books. Who knows when that one will be broken? Second best lifter was IPF Master Worlds BP qualifier, Raoul Donati, who made a meet record of 565 at 242. He came close with a pr 602.5, but it wasn't a perfect lift technically and that's what he needed to make it. We had a very impressive teen-



Patrick Rohde, best lifter at the Wisconsin State Bench Press Championships held May 1, 2004 (Photograph courtesy Ford's Gym)

ager at the meet, Jeremy Hines, who made a great 412.5 at 198 and almost won the open class until Eddie Aquinaga made a very tight 420 to edge him out. His training partner, Chad Dailing, edged a little closer to the coveted 500, with a 460 at 220. In the deadlift there must have been something in the water, because people were making great lifts and pr's left and right. At 198 Master, Ted Clevenger got a 550 on a 4th. Also getting a 4th attempt in the 55+, 148, was AAPF National Champion, Mike Wider, who got 440 in a nice little tune up for this year's Nationals. Eddie Aquinaga also got a 4th with 535 at 198. John Wagner also got his first ever 600 after a very scary accident in the bench press. John's a friend of mine so I was glad he wasn't seriously hurt, and amazed that he could come back and lift that well in the deadlift. Finishing off the day was Gerrit Bull who made a 710 that will place him well into the top 50 at 275. (Thanks to Jon Smoker for these results.)

**USAPL Police & Fire Nationals
13 DEC 03 - Omaha, NE**

Men PL	SQ	BP	DL	TOT
220				
J. Auschwitz	578	347	567	1493
Mark Elbert	567	374	473	1416
Clifford Bell	534	352	473	1361
B. Huebner	374	242	407	1025
J. Combs Jr	330	303	380	1014
242				
Jason Phillips	225	242	330	799
275				
Randy Parsons				
SHW				
Jason Dalen	529	380	622	1532

Master Powerlifting

181				
James Hart	413	303	501	1218
Fritz Shaver	407	374	429	1212
198				
John Harpe	435	330	512	1278
242				
Keith Simonds	451	358	501	1311
Michael Hill	275			
Robert Huizar	699	440	567	1708
Mark Elder	573	424	606	1603
SHW				
Jim Pope	661	501	727	1890
Men's Bench				
198				
S. Nicholas	402			
SHW				
Jason Dalen	380			
220				
Master Bench				
181				
Fritz Shaver	374			
J. Auschwitz	358			
J. Combs Jr	303			
242				
Ben Scherer	341			
242				
Keith Simonds	358			
Rob Luyando	534			
Brian Stears	462			
M. Angellotti	407			
275				
P. VanCamp	325			
Rich Strang	336			
R. Huizar	440			
Joe Mainelli	275			
R. Giesselman	424			
275				
Roger Ryan	418			
R. Giesselman	424			

Best Bencher - Tim Anderson. Best Powerlifter - Jim Pope. (Results by USAPL)

IPA North Coast Push Pull

20 DEC 03 - Fremont, OH		
TEEN IRONMAN	BP	DL
165 Male		
Zack Pervez	195	315
165 Female		
Lisa Gory	115	245
198 Male		

Brian Skinner	275	500
220 Male		
Mike Ebert	275	500
Dan Wenzel	295	455
JD Johnston		400
MEN BENCH PRESS	Cam Jordan	315
OPEN	Masters 50 - 54	275
165		
Ron Maynard	400	Brian Brammer 370
Tony Arriago	365	MEN DEADLIFT
181		OPEN
Fred Boktt	565	181
Jim Peretick	410	Don Rowe 300
Don Rowe	235	198
198		Rob McNutt 530
Rob McNutt	520	Danny Keene 525
D. Hammer	430	220
Danny Keene	385	Louie Simmons 650
220		Mark Burrows 650
Jeff Adams	605	Joe Jester 540
Mark Burrows	580	242
Joe Jester	525	James Williams 510
Dwayne Miller	490	Charles Price 510
Jason Whaley	485	Chester Bednar 480
242		Joel Tuckerman 460
Galen Scott	650	275
Charles Price	480	Brian Brunner 550
Rick Galford	440	WOMEN DEADLIFT
275		OPEN
Jim Wendler	625	165
Brian Brammer	370	Sandy Heschel 225
308		Submaster 35 - 39
Paul Key	660	242
Bobby Coe	475	James Williams 510
SubMaster 35 - 39	39	Joel Tuckerman 460
242		Masters 40 - 44
Rick Gafford	440	Chester Bednar 480
J. Williams	370	Masters 50 - 54
Masters 40 - 44	275	
242		Brian Brunner 550
Galen Scott	650	TEEN BENCH ONLY
Chester Bednar	355	198 Male
Masters 45 - 49	198	Joel Terry 235
181		242 Male
Jim Peretick	410	Evan Whiting 340
242		

I would like to take this opportunity to thank Outlaw Barbell Club, Westside Barbell, Mike Taylor, Troy Taylor, Eugene Covey, Louie Simmons, Jeff Adams, John Kelly, Stuart Patrick, Kevin Kelly, Cliff Ford, all of my family, especially my wife Jody who puts up with me. This was HeadHunter Barbell's 1st meet. It went off very smoothly thanks to everyone mentioned above. Next time we will have tee shirts, trophies, and sponsors. (These results by Rob Twining.)

**USAPL SCI-Rockview St. Valentine
14 FEB 04 - Bellefonte, PA**

Powerlifting	SQ	BP	DL	TOT
114				
Momoh, C.	275	140	305	720
148				
Wilson, K.	535	300	535	1370
165				
Kling, J.	485	260	485	1230
181				
Leslie, N.	475	325	520	1320
181				
Serrano, R.	520			
198				
Baker Jr., D.	600	295	600	1495
220				
Jordan, R.	660	350	660	1670
220				
Evans, M.	655	325	655	1635
220				
Boczowski, R.	430	315	450	1195
242				
McFerren, A.	685	440	570	1695
275				
Lowe, G.	960	475	750	2185
275				
Ingram, J.	705	420	655	1780
275				
Skellely, W.	700	405	655	1760
275				
Ford, R.	600	400	600	1600
275				
McCabe, J.	550	375	500	1425
319				
Witherspoon	650	425	650	1725
319				
Smith, J.	660	360	600	1620
319				
Felton, J.	580	380	640	1600

NOTE: ALL WEIGHTS IN U.S. UNITS (LBS.) Outstanding Lightweight lifter: "Yoda" Wilson Outstanding Heavyweight lifter: "Beetle" Lowe. (Meet results by USAPL.)

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY people who may be interested in your meet.

10 JUN, Independence BP/Curl Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiasapl.com
11 JUN, Camp Pendleton Semper Fit BP Series (unsanctioned) Lisa Vice 760-727-3468, 43 Area Fitness Center Bldg 430320, 760-725-3468
12 JUN, APA Michigan Open PL, PP, BP, DL (Olivet, MI) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
12 JUN, 11th Miller's Ironhouse All Natural Bench Press (open, subs, masters, grand masters, teen, raw, women, sculptured awards - Cumberland, MD) 301-777-0644
12 JUN, APA Blue Springs PL, PP, Single Lifts, (Blue Springs, MO) Rod Wood, 417-256-2297, rodwood@weighttrainersunited.com
12 JUN, USPF Venice Beach BP, David Ruiz, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775 or Kevin Meskew, 818-899-7555, www.powerliftingca.com
12 JUN, 2nd APA Vito Open BP (drug tested divisions) Chris Byrnes, 150 Jounston Circle, Sidney, NY 13838, Cbyrnes@stny.rr.com, 607-563-8580

before 3pm
12 JUN, NAP Michigan State (Northville, MI) Bob Garza, 281-820-5923, www.nappowerlifting.com
12 JUN, "Fit for the King" Summer Games BP & DL (Rushville, IN - USTOC National Qualifier) Carl Lamb, 812-334-0862, www.ustoc.com, clamb@ustoc.com
12 JUN, Immaculate Heart of Mary Festival BP, Youngstown, OH, Ron Deamicis, 6531 New Road, Youngstown, OH 44515, (330) 792-6670
12 JUN, WABDL DRUG TESTED Riverfest Classic (Gadsden, AL) Rick Hagedorn, 256-441-0143, www.wabdl.org, randyedwards@ohioapf.com
12 JUN, AAPF/APF Ohio State (W. Lafayette, OH) Randy Edwards, 937-974-1918 or John Blackstone 740-545-0840, www.chioapf.com, randyedwards@ohioapf.com
12 JUN, APF South Texas (Seguin - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
12 JUN, NASA USA (PL, BP, Push-Pull, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
12 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
12,13 JUN, WNPFF Drug Free Nationals, Youngstown, OH, Ron Deamicis, 6531 New Road, Youngstown, OH 44515 (330) 792-6670
12-13 JUN, ADAU Nationals, Joe

COMING EVENTS

Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
15 JUN, 100% Raw National BP (NC) Paul Bossi, 252-339-5025
13 JUN, Summer Push/Pull, Jon Smoker, 30907 CR16, Elkhart, IN 46516, 574-674-6603
13 JUN (new date), WNPFF Elite Nationals & WNPFF North Americans & National Championship PL, BP, DL, SQ-Philadelphia, PA, 770-996-3418, WNPFF@AOL.COM OR WNPFF, Box 142347, Fayetteville, GA, 30214
19 JUN, APA Moses Lake Open PP, BP, DL (Moses Lake, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
19 JUN, Midwest National Championships Bp & DL (Louisville, KY - USTOC National Qualifier) Carl Lamb, 812-334-0862, www.ustoc.com, clamb@ustoc.com
19, 20 JUN, APC National PL & BP (Holiday Inn Express - Athens, GA - all open, teen, jrs., masters classes - qualifier for World Powerlifting Committee World Championships) www.wpcworlds2004.com, L.B. Baker, 770-725-6684, 770-713-3080, www.americanpowerliftingcommittee.com
19 JUN, INSA/INSAA North American BP (BP Repetition - Dolphin Beach Resort, St. Pete Beach, FL)

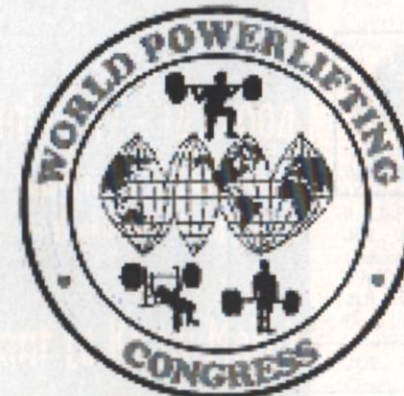
David Newingham, Kirk Stroud, m 7 2 7 - 4 9 2 - 0 7 2 3 , novafitness@earthlink.net
19 JUN, WABDL DRUG TESTED Great Northern BP/DL (Best Western Tacoma, WA) Gus Rethwisch 503-762-5066, www.wabdl.org, gethomas@bendcable.com
19 JUN, APF Florida State Powerlifting + Bench Press Open, Ft. Lauderdale FL. (Kieran Kidder) 630-892-1491, worldpowerlifting.org
19 JUN, NASA Tennessee Extravaganza (PL, BP, PS - Nashville, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
19 JUN, USA 'RAW' BENCH PRESS FEDERATION SUMMER NATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
19, 20 JUN, WDPFF Single Event Championships (Como, Italy) Ivano Bianchi
19, 20 JUN, AAU Drug Tested North American BP, DL Push/Pull (Vista, CA - World qualifier) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntripwr@pe.net
25, 26 JUN, WABDL DRUG TESTED Rocky Mountain Regional BP/DL (Salt Lake City, UT) Dave Merchant, 801-256-941212 JUN, www.wabdl.org, gethomas@bendcable.com
26 JUN, APF/AAPF Chicago Summer

APF/AAPF/WPO Schedule

- 6-19-04, APF Florida State Powerlifting + Bench Press Open, Ft. Lauderdale FL. (Kieran Kidder)
- 8-04, AWPC Worlds Powerlifting + Bench Press Championships, Chicago Ill. Date TBA. (Ernie Frantz)
- 9-4-04, APF Georgia State Powerlifting + Bench Press Open, Kennesaw GA.
- 9-18-04, APF Gulf Coast PL & BP, Tampa, FL (Rick Lawrence)
- 9-18-04, APF Maine State Push/Pull, Lewiston Maine. (Russ Barlow)
- 9-25-04, WPO Bench Bash for Cash, Orlando FL. (Kieran Kidder)
- 10-8-10-04, GNC SOS WPO Finals, Cobb Galleria Atlanta GA. (Kieran Kidder)
- 10-(12th-17th)-04, WPC World Championships, Fresno CA. (Bob Packer)
- 10-16-04, APF Mississippi State Powerlifting + Bench Press Open, Gautier Miss. (Joe Ladnier)
- 10-23-04, AAPF Southern States Powerlifting + Bench Press Open. (Kieran Kidder)
- 10-30+31-04, APF Pine Tree Powerlifting Open, Lewiston Maine. (Russ Barlow)
- 12-4+5-04 APF Southern States Powerlifting + Bench Press Open. Location TBA. (Kieran Kidder)

Dates and location are subject to change? More meets to be added. Call 630-892-1491 for info. (worldpowerlifting.org) or (worldpowerliftingcongress.com)

IT's COMING ... See the World's Strongest Non-Professional Powerlifters. 2004 WPC World Powerlifting Championships



**October 12th-17th, 2004
Fresno, California. For further information www.calapf.com**

Bash, Eric Stone, 169 S. Western Ave., Aurora, IL 60506, 630-892-7793, thestone@chicagopowerlifting.com
26 JUN, Pre-Nationals Qualifier BP & DL (Terre Haute, IN - USTOC National Qualifier) Carl Lamb, 812-334-0862, www.ustoc.com, clamb@ustoc.com
26 JUN, 2nd Chestnut Ridge Lions BP Challenge (Chestnut Ridge HS, New Paris, PA) Tammy J. Miller, 1035 Ellis Rd., Schellsburg, PA 15559, 814-733-4174
26 JUN, IPA West Coast Open, Big Bear's Gym, 1226 NW Grove St., Newport, OR 97365, Rick McClung, 541-574-4507, bigbears@hotmail.com
26 JUN, NASA Missouri Grand PL, BP, PS (Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, sqbpd@aol.com, www.nasa-sports.com
26 JUN, SPF National PL + Open/Raw BP (Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com
26 JUN, SLP Chicago Open BP / DL (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com, sonlight@netcare-il.com
26 JUN, 5th Annual New England's Strongest Man, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
26,27 JUN, CPC Canadian Championships & Bench Press, Bruce Greig, Box 4, Okotoks, AB Canada T1S 1A4, 403-938-3067, FAX 403-938-0489, brucegreig@lycos.com, www.cpc-powerlifting.com
26,27 JUN, CPC Canadian PL & BP (WPO qualifier, open to US lifters - Okotoks, Alberta, Canada) Bruce Greig, 403-938-3067, brucegreig@lycos.com, www.cpc-powerlifting.com
26,27 JUN, AAU Military Nationals (Little Rock, AR - World full meet qualifier) www.aausports.org
27 JUN, WNP American PL & Single Event Championships, Timothy Piper, Brophy Hall, Western Illinois University, Macomb, IL 61455, T-Piper@wiu.edu
27 JUN, Wally Strodsner Memorial Drug Free BP (open, women, teen,

masters, police & fire - raw except for masters - proceeds to American Diabetes Association - St. Louis, MO) Jim Bell 314-894-1532, Nancy 314-832-6465, www.usaplnationals.com, popeyedldf@aol.com
27 JUN, APA CT Open BP & DL (Norwich, CT) Donna J. Slaga, 38 John Brook Rd., Canterbury, CT 06331, (860) 546-2091, djslaga@yahoo.com
27 JUN, USAPL Fireworks in the Rockies & Big Bench Blowout IV, Gary Gretner, 3601 S. Lowell Blvd., Denver, CO 80236, 303-425-1320
JUN, USAPL Teen/Jr. Nationals, Jim Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672
3 JUL, Naptown Nationals Bp & DL (Indianapolis, IN - USTOC National Qualifier) Carl Lamb, 812-334-0862, www.ustoc.com, clamb@ustoc.com
3 JUL, NASA 4th of July Spectacular (PL, BP, PS - Alvin [Houston], TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
3 JUL, Iowa/Midwest Open Touch and go bench press (teen, novice, open, submaster, master 1-2-3, women) Wayne

Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240
9-11 JUL, IPA World PL & BP, Champs Fitness and Sports Center, 15 Stetler Ave., Shamokin Dam, PA 17876, Mark Chaillet 717-495-0024, chailfit@suscom.net or Ellen Chaillet, echaillet@aol.com
10 JUL, NASS Massachusetts State Strongman/woman (presented by Total Performance Sports - Wonderland Dog Track, Revere, MA) Murph, 617-387-5998, www.totalperformancesports.com
10 JUL, USAPL Kansas State Open (Lenexa, KS, open to all lifters) Tim Anderson, 402-427-8085, www.usaplkansas.com
10 JUL, USPF Santa Barbara PL/BP, Kevin Fisher, 805-963-3439, K Fisher 5 4 @ a o l . c o m , www.powerliftingca.com
10 JUL, APF Carolina Summer Smash PL & BP (Charleston Southern University, Charleston, SC) Will Millman, 843-886-5366, shelter223@aol.com
10 JUL, Sportsfest BP/ DL @ Cedar Beach (Comfort Suites, Bethlehem, PA) Nazareth Barbell, Box 444, Tatamy, PA 18085, 610-438-2902
10 JUL, USPF Santa Barbara PL Championship, Kevin Fisher, 25 E. Arrellaga St., Santa Barbara, CA 93101, 805-963-3439, KFISHER54@AOL.COM
10 JUL, SLP Ft. Hamilton Days BP/ DL (Hamilton, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
10 JUL, Independence BP/Curl - Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, www.virginiausapl.com
10 JUL, NASA Dodge City Powerfest, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com
11 JUL, APA Atlantic States Open Bench, Windsor, VT, Calvin Frost, Box 612, Windsor, VT 05089
11 JUL, SLP Heart of Illinois BP/ DL (Peoria, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
16 JUL, Camp Pendleton Semper Fit BP Series (unsanctioned) Lisa Vice 760-727-3468, 21 Area Fitness Center, Bldg 210750, 760-725-2951
17 JUL, USPF Venice BP/ DL, Steve Denison, 641-333-9800, P W R L F T R S @ M S N . C O M , www.powerliftingca.com
17 JUL, 2nd APA Iron Bash at the Beach (Mattanawook Lake, Prince Thomas Park, Lincoln, ME) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
17 JUL, Georgia Games PL/BP, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988 (d), 896-3989 (n), 896-3035 (gym), bduke@southlink.us
17 JUL, APA Battle on the Bayou, Ryan Cidzik, LA Tech Football Office, PO Box 3156, Ruston, LA 71272, 318-257-71272
17 JUL, 3rd LaCrosse Interstate Fair BP (W. Salem, WI) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693
17 JUL, USTOC National Bench Press & Deadlifting Championships (Teenage [high school], novice, open, master, women, Carl Lamb, 2613 E. Third St., Bloomington, IN 47401, www.ustoc.com, 812-334-0862, clamb@ustoc.com
17 JUL, WABDL DRUG TESTED Great Lakes Regional BP/ DL (Holiday Inn

South, Lansing, MI) Ted Feight 517-487-6711 or Gus Rethwisch 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com
17 JUL, RAW A.D.A.U. Single Lift Nationals (men & women - open/all age groups/all wt. classes - Mountaineer Racing & Gaming Resort - Chester, WV) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, Al@pikkitup.com
17 JUL, NASA Western States Nationals (PL, BP, PS - Mesa, AZ) Rich Peters, Phone - 405-527-8513, E-mail SQBPD@aol.com, P.O. Box 735, Noble, OK 73068
17 JUL, ANPPC WORLD CUP POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
17 JUL, 2nd APA Iron Bash At the Beach (Mattanawook Lake, Prince Thomas Park, Lincoln, ME) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com
18 JUL, SLP Clinton Family YMCA BP/ DL (Clinton, IA) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
24 JUL, APF/AAPF PA State PL/BP/ DL (Pittsburgh, PA) Keith McNeish, 412-461-3895, KEITHMCNEISH@MSN.COM, www.apfpa.com
24 JUL, APF/AAPF Great Lakes Open PL, BP, Iron Man, Andy Briggs/Martin Howard, 1621 S. Griffin, Grand Haven, MI 49417, 616-844-6350, lighthvy1@yahoo.com, www.afpmichigan.com
24 JUL, 100% Raw Military BP Nationals (Ft. Bragg, NC) Paul Bossi, 252-339-5025
24 JUL, INSA/INSA Texas Games BP (BP, BP repetition - Euless, TX) Kirk Stroud, 817-268-3488, novafitness@earthlink.net
24 JUL, AAU/USBF Larry Garro Memorial Raw Bench, Deadlift & Ironman/Ironwoman Open, Brian Washington, PO Box 20042, Baltimore, MD 21284-0042, 410-265-8264, Brian@uspf.net
24 JUL, WABDL DRUG TESTED Southern Regional, Dallas. Gus Rethwisch 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com
24 JUL, SLP Arkansas Open BP/ DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
24,25 JUL, NAP Nationals (New Orleans, LA) Bob Garza 281-820-5923, www.nappowerlifting.com
24,25 JUL, NASA Grand Nationals, PL'ing, BP & Power Sports, Hickory, NC., Rich Peters, Phone - 405-527-8513, E-mail SQBPD@aol.com, P.O. Box 735, Noble, OK 73068
31 JUL, APA Battle by the Bay Bench Press, Brian Highnote, Box 7688, St. Petersburg, FL 33734, 727-521-6162, benchcenter@aol.com
31 JUL, Strong Man Competition (Gurdon, AR), Greg McGill, 601 E. Cherry St., Gurdon, AR 71743, 870-353-2837
31 JUL, WABDL DRUG TESTED Alki Beach BP/ DL (Seattle, WA) Bull Stewart 206-898-0189, www.wabdl.org, gethomas@bendcable.com
31 JUL, APF Barbee Classic (San Antonio - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
31 JUL, 9th ADAU Catasqua YMCA Classic Raw Squat, Bench and/or Deadlift (separate contests, all age/wt. categories plus special olympian) Nick Theodorou, Nutritional Technologies, Box 3368, Palmer, PA 18043, 610-258-1894, nutritek@aol.com
31 JUL, NASA Tri-State Natural Championships (Special Olympics Free, Monolift) The Gym, 112 W. North Ave., Flora, IL 62839, 618-662-3413 1-8PM-M-F, lesmitty@bspeedy.com
JUL, WNP North Carolina Championships (Asheville or Charlotte) WNP, Box 142347, Fayetteville, GA 30214, 770-996-3418, WNP@aol.com
JUL, WNP Gulf Coast Championship (Biloxi, MS) WNP, Box 142347, Fayetteville, GA 30214, 770-996-3418, WNP@aol.com
JUL, APF Valley Classic (Harlingen - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
JUL, 6th NHSP Summer Slam Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220
JUL, USAPL Men's Nationals, Paul Fletcher, 17735 Creekhollow, Baton Rouge, LA 70817, 225-753-8586
6-8 AUG (new date), WNP World PL, BP, DL, SQ & PC, Strongest Man in the WNP Worlds - Edison, NJ,

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770-996-3418, WNP@aol.com OR WNP, Box 142347, Fayetteville, GA 30214
7 AUG, Maple City BP, Hans Schnell, Hornell YMCA, 12 Center St., Hornell, NY 14843, 607-324-5520
7 AUG, AAU Missouri State Meet (York Fitness, Jefferson, MO) Darin Gilley, 2820 Old Gray Summit Rd., Pacific, MO 63039, 636-742-4537, darinilley@aol.com
7 AUG, IPA Push/Pull (Iron House Gym, Zanesville, OH) Mike Maxwell, 740-704-4747, www.ironhousezanesville.com
7 AUG, USPF Venice Beach Push/Pull, Steve Denison, 641-333-9800, PWRLFRS@MSN.COM, www.powerliftingca.com
7 AUG, APA Great Lakes Open BP, DL, Push-Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
7 AUG, INSA/INSAA Southwest U.S.A. PL/BP/ DL/BP rep (Arlington Convention Center, Arlington, TX) Kirk Stroud, 817-268-3488, novafitness@earthlink.net
7 AUG, WABDL DRUG TESTED Hawaii State BP/ DL (Waimanalo, HI) Keith Ward, 808-259-5266, www.wabdl.org, gethomas@bendcable.com
7 AUG, APF Southeast Challenge (Orange - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
8 AUG, SLP Vince Soto Memorial Ohio State Fair BP/ DL (Columbus, Oh.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
13-14 AUG, International Police & Fire Games, (Riviera Hotel & Casino, Las Vegas, NV), NPAF, Box 97914, Las Vegas, NV, 89193, (702) 259-6350, (fax) (702) 359-6352, www.npaf.net
14 AUG, ADAU Broome County BP & DL Classic (separate contests, raw, Johnson City, NY) Wayne or Hunter Claypatch, 1028 Whittmore Hill Rd., Owego, NY 13827, 607-786-9720
14 AUG, USAPL NJ BP Open, Joe Morreale, 250 Rt. 46, Rockaway, NJ 07866, 973-627-9156
14 AUG, INSA/INSAA Western U.S.A. BP Repetition (Mesa Holiday Inn Suites, Mesa, AZ) David Newingham or Kirk Stroud, 727-492-0723, novafitness@earthlink.net
14 AUG, WABDL DRUG TESTED Tennessee State BP/ DL (Murfreesboro, TN) Ken Milirany, 931-454-0935, www.wabdl.org, gethomas@bendcable.com
14 AUG, PPL Drug Free Southeasterns, Python Power League, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
14 AUG, SLP Wisconsin State Fair BP/ DL (West Allis, WI.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
14 AUG, USAPL Mid Atlantic Open PL/BP Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com
14,15 AUG, World Cup PL'ing, BP & Power Sports Championship, OKC, OK., Rich Peters, Phone - 405-527-8513, E-mail SQBPD@aol.com, P.O. Box 735, Noble, OK 73068
15 AUG, USAPL Front Range Fort Lift II, Steve Harms, 2301 S CR 3 East, Ft. Collins, CO 80525, 970-484-9130
15 AUG, SLP Missouri State Fair BP/ DL (Sedalia,

Mo.) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

21 AUG, 20th annual Iowa State Fair Drug Free BP/DL (pure, natural, novice, teen, women, submaster, masters 1&2, beginners, law/fire, team) Jeff Baird, 515-953-6833, Bairdz@aol.com

21 AUG, USAPL Southern OH PL & BP, Dave Ricks, 8835 Winston Ln. Farm, Dayton, OH 45458, 934-435-2127

21 AUG, AAPF/APF Snake River PL/BP/DL, Idaho Falls, ID, 208-520-8773, 521-3434, Mike/Linda Higgins

21 AUG, WNPFF Submasters + Masters Nationals + Florida Championships, WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, WNPFF@aol.com

21 AUG (New Date and Name), 100% Raw Eastern USA BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiasapl.com

21 AUG, NASA Colorado Grand (PL, BP, PS - Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

21 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

21-22 AUG, WABDL DRUG TESTED House of Pain Nationals (Sheraton Airport, Portland, OR) Gus Rethwisch 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com

22 AUG, SLP Guy Carlton Memorial Illinois State Fair BP/DL (Springfield, IL) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

27 AUG, Camp Pendleton Semper Fit BP Series (unsanctioned) Lisa Vice 760-727-3468, 53 Area Fitness Center, Bldg. 53302, 760-725-7404

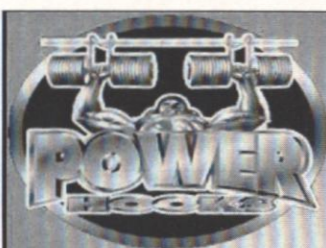
28 AUG, ADAU "Raw" NY State (men, women) Coliseum Gym, 75-0971st Ave., Middle Village, NY 11379, 718-326-2496, FAX 718-326-2331, ColiseumGym@aol.com, Ted Theodoropoulos

28 AUG (NEW DATE & NAME), USPF National Bench Press and Deadlift Championships, Texas USPF, 4025 Duval Road, Apt 2333, Austin, TX 78759, (512) 835-5303, www.texasuspf.net

28 AUG, SLP Kentucky State Fair BP/DL (Louisville, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

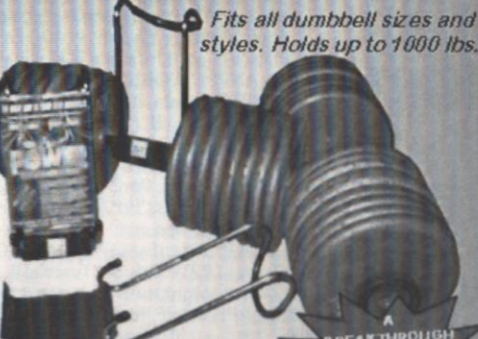
28 AUG, Granite State Open BP/DL, (Men, Women, Teen, Jr, Sub, Master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 (Separate Contests)

29 AUG, Central Bench Press League & E-Normouse Powerlifting's 14th annual Endless Summer Classic Push/Pull (Granger, IN - Fit Stop) Anson Wood,



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AUG, Amateur World Powerlifting Congress World Powerlifting + Bench Press Chicago, IL (Ernie Frantz) 630-892-1491, worldpowerlifting.org

4 SEP, Saratoga YMCA BP (raw/shirt divisions) John Hart, 20 Old Gick Rd., Saratoga, NY 12866, 518-587-3000, Ext 205, johnhart@ymcasaratoga.org

4 SEP, WABDL Indiana State BP/DL (Indianapolis, IN) John Petigo, 317-887-9585

4 SEP, APF Georgia State Powerlifting+Bench Press Open, Kennisaw GA, 630-892-1491, worldpowerlifting.org

4 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

6 SEP, The Monster BP or DL (Comfort Inn, Ringgold Rd., Chatt. TN) Jesse Rodgers, 423-876-8410, www.southernpowerlifting.com

8-12 SEP, IPF World Subjuniors + Juniors (S. Africa)

11 SEP, WABDL DRUG TESTED Deep South BP/DL (Quality Hotel, Metairie, LA - Rich Hagedorn 256-441-0143, or Gus Rethwisch 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com

11 SEP, IPA Pennsylvania State and Northeast Regional, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

11 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

nationals (qualifying total for open classes, not for teen, jr. master - Bristol, VA), APA United States Open PL (no qualifier), Eastern United States Open BP, DL, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

11, 12 SEP, North American Powerlifting Championships and Bench Press, Bruce Greig, Box 4, Okotoks, AB Canada T1S 1A4, 403-938-3067, FAX 403-938-0489, brucegreig@lycos.com, www.cpc-powerlifting.com

12 SEP, N.P.A. Nationals PL, BP, DL, drug free, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Fitlifed@cs.com

18 SEP, Scit Fit of GA 6th annual BP (Macon, GA), Joe or Jamie 478-750-7005

18 SEP, USPF Venice Beach PL/BP, Steve Denison, 641-333-9800, P W R L F T R S @ M S N . C O M , www.powerliftingca.com

18 SEP, Iron Boy Bench Press Classic, Winston-Salem, NC, Keith Payne, 336-766-3347, keith@ironboyenterprises.com

18 SEP, APF Gulf Coast PL & BP (Tampa, FL) Rick 727-376-1707 or Bart 727-847-6852

18 SEP, APF Northern California Open BP, Diablo Barbell Club, Ted O'Neill, 925-685-8818

18 SEP, APA Eastern United States Open PL, BP, DL (Bristol, VA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

18 SEP, APA Hardcore Push/Pull, Lebanon, New Hampshire, Calvin Frost, Box 612, Windsor, VT 05089

18 SEP, APF Maine State Push/Pull & BP (all divisions by formula) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282,

207-225-5070

18 SEP, ADAU "No Druggies Allowed" SQ, BP, DL (NO Total - Men + Women - Open + All Age Groups) Joe Oregina, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

18, 19 SEP, WABDL DRUG TESTED West Coast BP/DL (Mariott Hotel, Rancho Cordova, CA) Jody Woods, 916-524-0914, www.wabdl.org, gethomas@bendcable.com

20 SEP, WNPFF South Georgia Bench/Deadlift & Powercurl Championships in Fitzgerald, GA, 770-996-3418, WNPFF@AOL.COM or WNPFF, PO BOX 142347, FAYETTEVILLE, GA. 30214

25 SEP, WABDL Night of the Champions BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, Ken@Kensnellpower.com

25 SEP, NAP Fall Classic (Houston, TX) Bob Garza, 281-820-5923

25 SEP, APA Northern United States PL, PP, BP, DL (Olivet, MI) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

25 SEP, WABDL Sunshine State Classic (Lakeland, FL) Ken Snell, 863-687-6268

25 SEP, SLP Nationals Open PL/BP/DL, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

25 SEP, NASA E. Texas Regional (PL, BP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

25 SEP, NASA Bartlesville Classic PL, BP, PS (Bartlesville, OK) Jim Duree, JDuree7086@aol.com

25 SEP, WPO Bench Bash for Cash, Orlando FL (Kieran Kidder)

25, 26 SEP, WABDL DRUG TESTED Washington State BP/DL/PL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 360-532-8339, www.wabdl.org, gethomas@bendcable.com

26 SEP, SLP Missouri State BP/DL (Springfield, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

SEP, NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

SEP, NASA Oklahoma Grand (PL, BP, PS - Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

1 OCT, Camp Pendleton Semper Fit BP Series (unsanctioned) Lisa Vice 760-727-3468, 22 Area Fitness Center, Bldg. 22160, 760-725-3163

2 OCT, 8th. Pennsylvania Invitational Power Challenge BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

2 OCT (tentative date), WPA World Bench Press, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

2 OCT, NASA Ohio Regional (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

2 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 W. Sale St.,

Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

3 OCT, SLP Iowa State BP/DL (Coraville, Ia.) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5-10 OCT, IPF World Masters (New Delhi, India)

8-10 OCT (NEW DATE), GNC SOS WPO Finals, Cobb Galleria Atlanta GA. (Kieran Kidder) 630-892-1491, worldpowerlifting.org

8-10 OCT, WDFPF Single Event World Championships (un-equipped/equipped men/women, all wt. classes & age categories, including police/fire/military - Antwerp, Belgium) Wim Bachelant

9 OCT, 11th annual Fred and Ed Push 'n Pull BP & DO (all wt. classes/divisions. Awards to top 5. No late entries) Ray Dunn, Nautilus, 42 Summer St., Pittsfield, MA 01201, 413-499-1217

9 OCT, NASA Big River Classic (Blytheville, AR) Daryl & Tobey Johnson, Daryl@tobey@aol.com

9 OCT, AAU/USBF Maryland State Raw Bench & AAA Baltimore Armwrestling Championships, Brian Washington, PO Box 20042, Baltimore, MD 21284-0042, 410-265-8264, Brian@usp.net

9 OCT, SLP National "Raw" PL/BP/DL (Jefferson City, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

9 OCT, NASA Tennessee Regional (PL, BP, PS - Nashville, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

10 OCT, USAPL Drug Free Ohio PL & BP (open men & women; raw men, women, masters; masters; teen; police & fire; team) Ed or Frank King, 440-439-5464, Cleveland, OH

12-19 OCT, World Powerlifting Congress World Championships (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805

16 OCT (Revised Date), PPL "Drug Free" Nationals, Python Power League, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

16 OCT, Ashtabula YMCA Touch 'n Go BP, Lonnie Anderson, 1142 E. 15th St., Ashtabula, OH 44004, 440-964-3013, anderson1142@yahoo.com

16 OCT, The Atlantis Strongest Man in America (trap bar, DL, BP, PP, Chinup, Thomas Inch Dumbbell

Bill Kazmaier & Ed Coan, at Quincigamond College, Worcester, MA) Bruce, Jeff, or Todd, 508-885-3686

16 OCT, APF Mississippi State Powerlifting+Bench Press Open, Gautier Miss. (Joe Ladnier) 630-892-1491, worldpowerlifting.org

16 OCT, NASA Colorado Regional (PL, BP, PS - Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

16 OCT, SLP Arkansas State BP/DL (Paragould, Ar.) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 OCT, 2nd, AAPF Tom Foley BP/DL Classic, Premier Fitness, 430, Nanuet Mall South, Nanuet, NY 10954, 845-920-0501, www.premierfitnessny.com

23 OCT, APA Central United States Power Day (Cedar Falls, IA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

23 OCT, AAPF Southern States Powerlifting+Bench Press Open (Kieran Kidder) 630-892-1491, worldpowerlifting.org

23 OCT, SLP Wisconsin BP/DL (Kaukauna, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23, 24 OCT (tentative dates), APA Powerlifting Nationals, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

23, 24 OCT, NASA N. Carolina Regional (PL, BP, PS - Hickory, NC) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

29-31 OCT, AAU World BP, DL, Push-Pull, & AAU International Full Power (world and american records can be broken in both meets - Showplace Annex, Richmond, VA) aapower@aol.com, 804-233-9570

30 OCT, 3rd annual Atlantis Strongest Man in New England (hosted/judged by Bill Kazmaier: trap bar DL, BP, jerk press, chin up, Thomas Inch DB-5 cash prizes. Benefit for Paxton Fire Dept. - Anna Maria College, Paxton, MA) Call Bruce, Jeff, or Todd at 508-885-3686

30 OCT, NAP Northern Regional (Burr, IL) Bob Garza, 281-820-5923, www.nappowerlifting.com

30 OCT, APA Last Man Standing Push/Pull, Lebanon, New Hampshire, Calvin Frost, Box 612, Windsor, VT 05089

30 OCT, NASA W. Texas Regional PL, BP, PS (Lubbock, TX) Rich Peters, Box 735, Noble, OK 73068, sqbpd@aol.com

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30 OCT, 22nd annual Raw "ADAU" Central PA Open PL (open & all age groups, men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

30 OCT, ANPPC National PL, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

30, 31 OCT, APF Pine Tree State Open (all classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

31 OCT, SLP Midwest Open BP/DL (Indianapolis, IN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

OCT/NOV, INSA/INSAA World PL/BP/DL/BP rep, David Newingham or Kirk Stroud, 727-492-0723, novafitness@earthlink.net

OCT, 5th NHSP Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220

OCT, NASA KY Regional, Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

3-7 NOV, World Powerlifting Committee World PL & BP, L.B. Baker, Box 40, Bogart, GA 30622, 770-725-6684, 713-3080, lbaker@irondawg.com, www.wpcworlds2004.com

6 NOV, Northern VA Raw PL & BP, (Sterling Community Center, Sterling, VA) John James 703-475-9885

6 NOV, APA Ironslingers Battle of the Mid-West Push-Pull, BP, DL (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

6 NOV, APF Texas Cup (Dallas - Men + Women - Open, Below I, Masters (5yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

6 NOV, USA "RAW" BENCH PRESS FEDERATION WALLY STROSNIDER MEMORIAL GRAND NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com

6, 7 NOV, NASA Iowa Regional (PL, BP, PS - Des Moines, IA) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

7 NOV, New England Raw PL & BP, Joe Reeves, 33 Pine St., Riverside, RI 02915, www.reevesnutrition.com, 401-437-1728, Joemusclehead@cs.com

7 NOV, SLP Vermillion County Show of Strength PL/BP/DL (Danville, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

9-14 NOV, IPF World Men's (Capetown, SA)

10-15 NOV, WABDL Twin Lab World BP/DL Championships (Peppermill Hotel, Reno, NV) Gus Rethwisch, 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com

12-14 NOV, IPA Senior National PL & BP, Champs Fitness & Sports Center, 15 Stetler Ave., Shamokin Dam, PA 17876, Mark Chaillet, 717-495-0024, chaillet@suscom.net or Ellen Chaillet, echaillet@aol.com

13 NOV, 3rd APA Battle of the Badasses PP, BP, DL (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046



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13 NOV, USPF TX Cup and Mountain-
eer Cup VII Pro Qualifier, Texas USPF,
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78759, (512) 835-5303,
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13 NOV, SLP Ohio State BP/DL
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5429, www.sonlightpower.com, sonlight@
netcare-il.com

13 NOV, NASA Southeastern States
Regional (PL, BP, PS - Selmer, TN)
Rich Peters, Box 735, Noble, OK 73068,
405-527-8513, sqbpd@aol.com

13 NOV, NASA Kansas City Regionals,
Jim Duree, 5619 Pawnee Ave., Kansas
City, KS 66106, 913-596-7326,
JDuree7086@aol.com

14 NOV, ADAU Connecticut State Open
PL+BP, Rob Delavega, Powerhouse
Gym 71 Commerce Drive, Brookfield,
CT 06804, 203-775-8548,
phgbrookfield@aol.com

14 NOV, SLP Central Illinois Open BP/
DL (Hillsboro, IL) Son Light Power, 122
W. Sale, Tuscola, IL 61953, 217-253-
5429, www.sonlightpower.com,
sonlight@netcare-il.com

14 NOV, Iowa/Midwest Open BP or DL
or Trap DL (teen, novice, open, submaster,
master 1-2-3, women) Wayne Hammes,
Box 433, Oskaloosa, IA 52577, 641-673-
5240

20-21 NOV (revised dates), WDFPF
World Championships (Atlanta, GA)
WNPF, Box 142347, Fayetteville,
GA 30214, 770-996-3418,
WNPF@aol.com

20 NOV, NASA Arizona Regional (PL,
BP, PS - Mesa, AZ) Rich Peters, Box
735, Noble, OK 73068, 405-527-8513,
sqbpd@aol.com

20 NOV, SLP Kentucky State BP/DL
(Louisville, Ky.) Son Light Power, 122 W.
Sale St., Tuscola, IL 61953, 217-253-
5429, www.sonlightpower.com,
sonlight@netcare-il.com

27 NOV, NASA Kansas Regional (PL,
BP, PS) Rich Peters, Box 735, Noble,
OK 73068, 405-527-8513,
sqbpd@aol.com

27 NOV, NASA W. Texas Regional (PL,
PB, PS - Lubbock, TX) Rich Peters,
Box 735, Noble, OK 73068, 405-527-
8513, sqbpd@aol.com

27, 28 NOV (date assigned), USAPL
Virginia State PL/BP (raw & assisted),
27, 28 NOV USAPL Virginia Stack PL/
BP Raw & Assisted, John Shifflett, Box
941, Stanardsville, 22973, (434) 985-
3932, valifting@aol.com,
www.virginiausapl.com

28 NOV, USAPL Life Time Nation-
als, John Shifflett, Box 941,
Stanardsville, VA 22973,
valifting@aol.com,
www.virginiausapl.com

NOV, 100% Raw World BP, Paul
Bossi, 252-339-5025

NOV, NASA WV Regional, Greg &
Susan Van Hoose, Rt. 1 Box 166,
Ravenswood, WV 26164, 304-273-2283,
gwh@wirefire.com

1-5 DEC, IPF World Bench Press
(Cleveland, OH)

3-5 DEC, AAU Drug Tested World
PL + Intl. BP and DL (Laughlin, NV
- River Palms Hotel - 800-835-7903
Block AAU 6) Martin Drake, Box
108, Nuevo, CA 92567, 909-928-
4797, ntrlpwr@pe.net

4 DEC, 21st Southeastern Cup PL/BP,
Buddy Duke, 201 N. Burwell Ave., Adel,
GA 31620, 229-896-3988(w), 896-3989
(h), 896-3035 (gym), bduke@southlink.us

4 DEC, 5th annual MPA Christmas
Bench Classic (The Gym in Elk River

(MN)), Dave Harrison, 763-441-4232

4 DEC, WNPf World Record Break-
ers + WNPf International Single Lift
Championships (Atlant, GA) WNPf,
Box 142347, Fayetteville, GA
30214, 770-996-3418,
WNPF@aol.com

4 DEC, APF Rio Grande Valley Meet
(Harlingen - Men + Women - Open,
Below 1, Masters (5 yr. Groups),
Submaster, Jr., Police, Fire, Single lift)
Flexion Strength Systems, 256 W. Court
St., Seguin, TX 78155, 800-378-6460,
www.seguinfitness.com

4 DEC, NASA Southwest PS, PB, DL,
Rich Peters, Box 735, Noble, OK 73068,
405-527-8513, sqbpd@aol.com

4 DEC, SLP Christmas For Kids BP/DL
(Mattoon, IL) Son Light Power, 122 W.
Sale St., Tuscola, IL 61953, 217-253-
5429, www.sonlightpower.com,
sonlight@netcare-il.com

4+5 DEC APF Southern States
Powerlifting+Bench Press Open. Location
TBA. (Kieran Kidder) 630-892-1491,
worldpowerlifting.org

5 DEC, SLP Northern Illinois Open BP/
DL (Machesney Park, IL) Son Light Power,
122 W. Sale St., Tuscola, IL 61953, 217-
253-5429, www.sonlightpower.com,
sonlight@netcare-il.com

11 DEC, APF Pennsylvania Christmas
Class PL/BP, Gene Rychlak Jr., 143
2nd. Ave., Royersford, PA 19468, 610-
948-7823

11 DEC, USAPL Midwest Senior States
(Omaha, NE) Tim Anderson, 402-427-
8085, www.nebraskapowerlifting.com

11 DEC (New Date), 2nd Bench Press
Classic, Robt. Eckhart, 319 N. 2nd St,
Leighton, PA 18235, 610-377-5852

11 DEC, USAPL 11th December Fest
PL + BP, Willie Mastin, 13010 Ocean
Glade, San Antonio, TX, 78249, 210-
699-0964

11 DEC, NASA Novice Nationals PL
+ PS (OH) Rich Peters, Box 735,
Noble, OK 73068,
sqbpd@aol.com, www.nasa-
sports.com

11 DEC, SLP Arkansas Christmas BP/
DL (Glenwood, AR) SLP, 122 W. Sale,
Tuscola, IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

11 DEC, NASA Missouri Regional (PL,
BP, PS - Joplin, MO) Rich Peters, Box
735, Noble, OK 73068, 405-527-8513,
sqbpd@aol.com

11 DEC, Christmas BP Classic Raw +
Assisted, John Shifflett, Box 941,
Stanardsville, 22973, (434) 985-3932,
valifting@aol.com,
www.virginiausapl.com

11, 12 DEC, 51st APF Iron Man PL/BP
& Mr. Iron Man/Ms. Iron Woman, Bob
Packer, 559-322-6805(w), 658-5457(h),
www.calapf.com

12 DEC, 12th annual Raw "ADAU" Coal
Country Classic (SQ, BP, DL - separate
events, no total, open & all age groups
- Bigler, PA) Siegel Engraving, 304 Daisy
St., Clearfield, PA 16830, 814-765-3214,
al@pikilup.com

12 DEC, USAPL Police & Fire Nation-
als (Omaha, NE) Tim Anderson,
402-427-8085,
www.nebraskapowerlifting.com

18 DEC (2nd new date), WNPf
IronMan Nationals (BP/DL) & Sarge
McCray BP, DL & PC - Bordentown,
NJ, 770-996-3418,
WNPF@AOL.COM OR WNPf, Box
142347, Fayetteville, GA. 30214

18 DEC, SLP "The Last One" BP/DL
(Tuscola, IL) Son Light Power, 122 W.
Sale St., Tuscola, IL 61953, 217-253-
5429, www.sonlightpower.com,
sonlight@netcare-il.com

FEB, USAPL Gold's Gym BP, Gold's
Gym, 15 Racquet Rd., Newburgh, NY
12550, Dave Kenyon or Kristina Stevens,
845-564-7500 or kristina@goldsgym.net

8, 9 APR 05 Power Palooza #7 (PL,
BP, DL) Gene Rychlak Jr., 143 2nd.
Ave., Royersford, PA 19468, 610-948-
7823

5 MAR, All Church Powerlifting Con-
test, Pastor Pete Amerman, Hillside
Lutheran Brethren Church, 113 S. Hill-
side Ave., Succasunna, NJ 07876, 973-
584-7410, pamerman@hillsidebc.org

MAY 05, USAPL Men's Masters Na-

tionals (Palm Springs, CA)
www.usapl-ca.gov, Lance Slaughter,
310-995-0047,
lanceoslaughter@yahoo.com

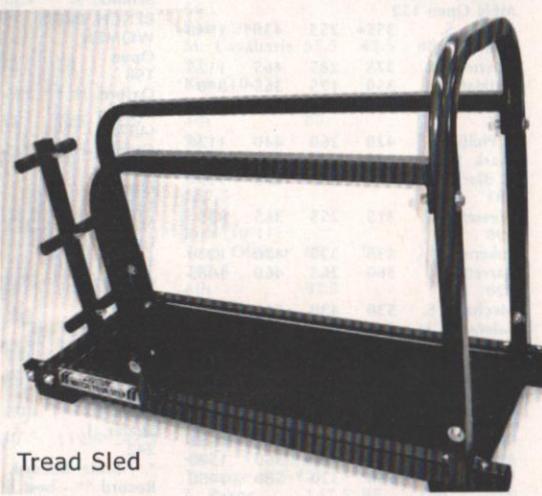
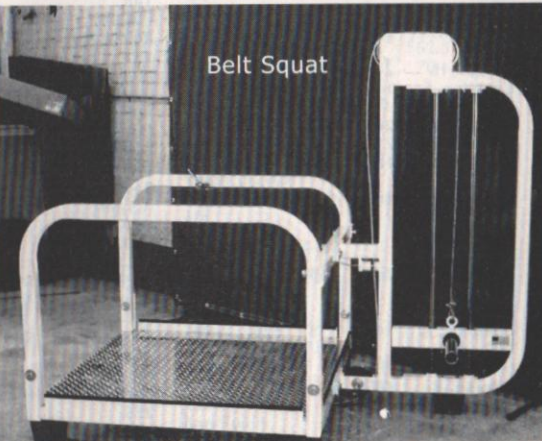
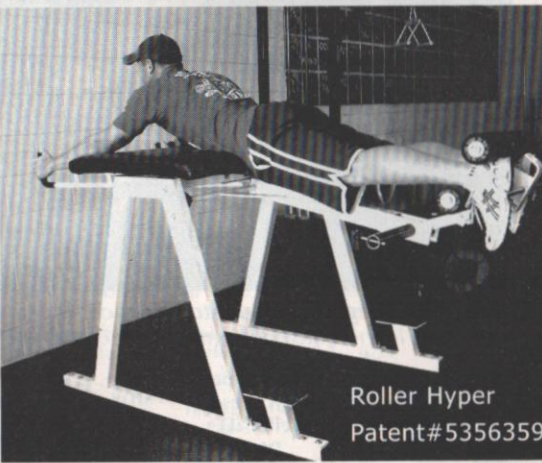
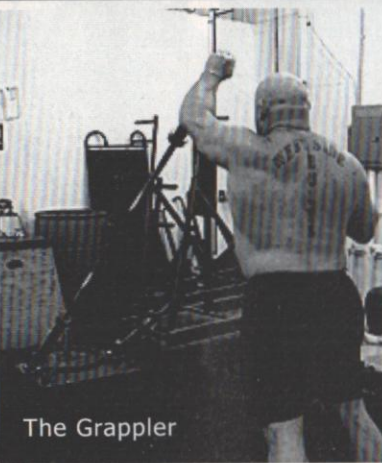
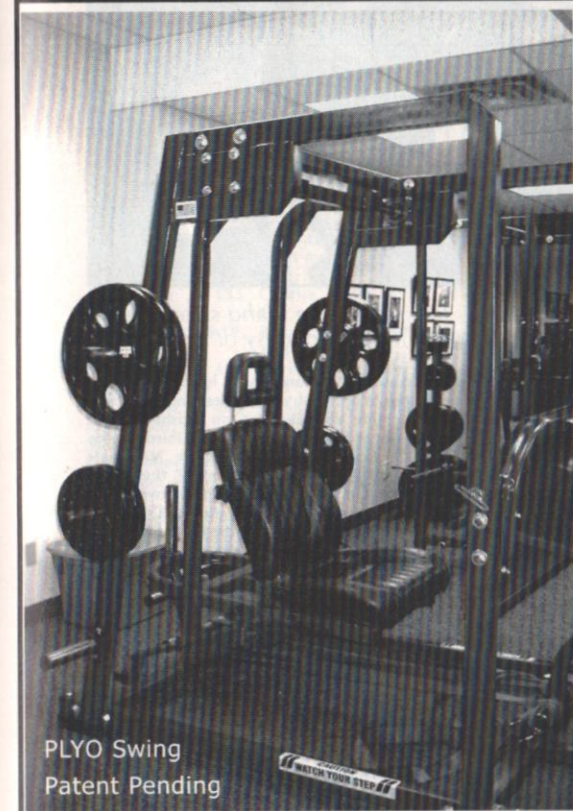
16 JUL 05, World Games
2-9 NOV 05 - IPF Men's Worlds
(Philadelphia, PA) Robert Keller,
954-262-6709, rhk@verizon.net

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**Belt Squat
Machine** **\$2,800**

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Power Rack
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Tread Sled

Safety squat bar

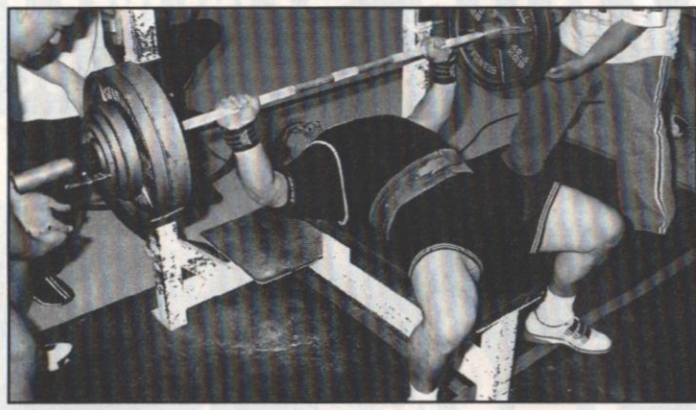
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National Collegiate competitor, Spencer Myers (132 lb. division) pulling an Idaho state collegiate record of 430 pounds. (Ben Rogers)



Sam Schultz (270lb. division), locking out an Idaho state masters bench press record of 425 pounds. (Photo courtesy of Ben Rogers)

USAPL 13th Idaho State/Open & Bill's Bad-Ass Bench Press 22 NOV 03 - Pocatello, ID

WOMEN	SQ	BP	DL	TOT
Open				
132				
Marts, D.	240	145	260	645
148				
Cowgill, H.	240	135	280	655
Compton, E.	145	175	320	640
165				
Williams, K.	285+	160	340+	785
Jackson, M.	215	130	245	590
Schwan, B.	185	90	235	510
198				
Oxford, H. **	360	225	365	950
Master				
132				
(40-44)				
Marts, D.	240*	145*	260*	645*
148				
(60-64)				
Compton, E.	145	175	320	640
165				
(40-44)				
Schwan, B.	185	90	235	510
198				
(45-49)				
Oxford, H.	360	225	365	950
132				
Myers, S.	355+	255	430**	1040+
148				
Haynes, M.	375	285	465	1125
Butzlaff, B.	350	175	365	890
Murphy, C.	250	175	285	710
165				
B. Phillips	420	260	440	1120
Mark Stacy	315	250	400+	965+
B. Black	275	265	375	915
181				
Wessells, C.	315	255	365	935
198				
Lukens, J.	435	325	470	1230
Barrett, J.	360	265	460	1085
220				
Mecham, S.	530	430	565	1525
Salansly, M.	580	400	525	1505
Regis, J.	500	405	480	1385
Turner, P.	400	275	525	1200
Oliver, R.	460	400	315	1175
Shafer, J.	--	--	--	--
242				
Riedy, M. **	580	435	670	1685
Anderson, S.	620	400	560	1580
Wojcik, B.	550	320	580	1450
275				
Schultz, S.	650	425	650	1725
Watson, A.	555	420	575	1550
319				
Snider, A.	615	475	600	1690
Ward, J.	335	335	440	1110
181				
SHW				
Chavez, A.	525	440	650	1615
148				
(16-17)				
Keller, B.	350	205	380	935
(18-19)				
Murphy, C.	250	175	285	710
165				
(18-19)				
Rampersad, J.	275	195	350	820
275				
(16-17)				

Porter, Z. 500* 300* 550* 1350* SHW (18-19)
Wellard, C. 435+ 220+ 415+ 1070+ Master 148 (50-54)
Rohan, B. 415 315 525 1255 181 (60-64)
Wettach, E. 370 265 400 1035 198 (50-54)
Lukens, J. 435 325 470 1230 (60-64)
Bower, B. 500 330 450 1280 (65-69)
Day, A. 300 190 335 825 (40-44)
Regis, J. 500 405* 480 1385 Oliver, R. 460 400 315 1175 (45-49)
Salansky, M. 580 400 525 1505 (50-54)
Anderson, S. 620* 400* 560* 1580* (45-49)
Schultz, S. 650* 425* 650* 1725* Nielson, R. ** 455* Anderson, S. 400 275
Watson, A. 420 275
Oxford, H. ** 225 SHW
Herd, P. -- --
Teen
Oxford, H. 225 148 (18-19)
Grover, K. 265* 132 Master
Nakamura, V. 215 132 (40-44)
Larson, S. -- -- Nakamura, V. 215* 181
Grover, K. 265 181 Baker, B. 320 165
Davis, A. 265 220 (40-44)
181 Regis, J. 405* 340
Barnes, B. 340 242 Baker, B. 320 242 (50-54)
220 Regis, J. 405 Anderson, S. 400 Shafer, J. -- SHW Herdt, P. --
* - State Record, + - State Collegiate Record ** - best lifters (male & female).
Bench Press Placement by Formula:
Women: Oxford; Men: Nielson, Regis, Watson, Barnes, Anderson. Powerlifting Placement by Formula: Women: Division I - Marts, Cowgill, Compton; Division II - Oxford, Williams, Jackson, Schwan. Men's Teenage: Porter, Keller, Rampersad, Wellard. Men's Master: Bower, Rohan, Anderson, Schultz, Wettach. Team: Fitness, Inc., Idaho State Iron Works, Bullet Gym. (thanks to Brad Compton for providing these meet results) Fitness Inc., of Pocatello, Idaho hosted the 13th Annual USAPL Idaho State/Open Powerlifting Championships, in which 39 powerlifters as well as 12 benchers participated with competitors coming from Idaho, Montana, Nevada, Oregon, Utah, and Washington State. A sizable contingent from Bullet

Gym in Missoula, Montana also participated. The Idaho State Open meet is held each year in Pocatello, Idaho on the Saturday preceding Thanksgiving. The most impressive and overall male lifter was Matt Riedy, age 28, from Eugene, Oregon, who in what was only his second powerlifting meet won first place among the men's open 242 weight class with a total of 1,685. Matt stunned both lifters and audience alike when he pulled a deadlift of 670 lbs - almost three times his own bodyweight. Matt also squatted 580 and benched 435. The most impressive female lifter was Holly Oxford, age 45, from Bonner, Montana, women's 198, who squatted 360, benched 225, and deadlifted 365 lbs. on her way to a 950 total. Holly is looking forward to competing in Nationals again. The most inspiring lifter was Bud Bower, age 61, in the men's 198 weight class competing in the Masters division. Longtime powerlifters will remember that Bowers was twice a USA Masters champion in 1999 and 2000 and represented the USA in the IPF World Masters meet in both those years. Bud, who now lives in Spokane, Washington, returned to powerlifting this year after over a year's absence due to cancer treatments, and squatted 500, benched 330 and deadlifted 450 in this meet. The most impressive bench was Ryan Nielson from Boise, Idaho, age 30, who benched 455 in the 242 weight class. Ryan Nielson also maintains the www.idahopowerlifting.com website which hosts forum for Pacific Northwest powerlifters, as well as State Records, meet results, meet notices and lifter's profiles. The biggest draw to this meet is for the chance to be crowned Idaho State Champion. The highest placing Idaho state resident in each of the divisions wins "Idaho State Champion" jackets graciously donated by Pepsi. The 2003 Idaho State Powerlifting champions include: Men - 132, Spencer Myers, Pocatello; 148 lbs, Ben Butzlaff, Pocatello; 165 lbs, Mark Stacey, Pocatello; 181 lbs, Chris Wessells, Idaho Falls; 198 lbs, Jim Lukens, Salmon; 220 lbs, John Regis, Boise; 242 lbs, Sean Anderson, Pocatello; 275 lbs, Sam Schultz, Pocatello; Masters, Sean Anderson, Pocatello; Teenage Men, Zach Porter, Salmon. Women - Category 1, Donna Marts, Idaho Falls; Category 2, Kaci Williams, Pocatello. This year lifters used the meet to raise money for the Co-operative Wilderness Handicapped Outdoor Group, which provides physically challenged individuals with outdoor wilderness recreational opportunities, through a "Penny-A-Pound" pledge drive organized by local lifter and Director of Promotions for USAPL Idaho, Rick Oliver, that raised over \$2,000 from numerous individuals as well as such sponsors as Physician's Immediate Care, Gate City Real Estate, Intermountain Mind Mechanics, Empire Comics, Club 91, GNC, Wrights Nutrition, Tyvan's Discount Cards, Kinko's Printing, and MonsterMuscle. Three teams competed including Fitness Inc., Idaho State University Iron Works Powerlifting Club, and Bullet Gym from

Missoula Montana. After losing the title to Iron Works last year, Fitness Inc., regained the title with Bullet Gym finishing third. Spencer Myers, who placed third in the last USAPL Men's Collegiate Nationals recently became president of the Idaho State University Iron Works Powerlifting Club as well as serving on the Collegiate Committee. Thanks to the commitment of time, energy, and personal resources shown by such people as meet directors Bill and Nancy Davis, as well as by their excellent crew of scorers (Nancy Davis and Janet Wright), announcers (Mike Hudson, Brandy Clark and Bill), referees (Jim Lukens, Sean Anderson, Mike Riggs, Brad and Eula Compton and Bill Davis) and spotters and loaders, and other volunteers, and others like them in communities throughout the nation, ordinary lifters have the opportunity to enjoy the sport of powerlifting. Also we would like to thank our many sponsors including New Day Products & Resources, Black Swan Inn, Warbonnet Electric, Kool 94.9, Frito Lay, Hogi Yogi, Taco Bell, Coors Light, Pizza Hut, Star 98.5, American Family Insurance, Physicians Immediate Care, Ramada Inn, and of course Pepsi for providing the great champion jackets. (Results Sean Anderson)

Summer's End Strength Spectacular 20 SEP 03 - Prince Frederick, MD

Push/Pull	BP	DL	TOT
Teen 198			
C. Gillig	165	250	415
Teen 242			
C. Richardson	185	385	570
Women 165			
B. Penn	120	185	305
Master 198			
D. Gilmer	215	325	540
BP Only			
Open 181			
T. Lewis	505	505	
Master 220			
J. Murphy	415	415	
DL Only			
Open 220			
T. Parsons	500	500	

As millions of people in our area struggled to recover from Hurricane Isabel, a few brave souls chose to "put it all on the line" at the Summer's End Strength Spectacular. Age, gender, and experience ran the gamut among the lifters. We saw a 14 year old weighing 198 lift beside his 69 year old grandfather, who also weighed 198. APA Master's bench press champion got a 505 pound bench past the judges before missing a triple bodyweight attempt of 540. "100% Raw" lifter Terry Parsons came to help out and ended up with a great 500 pound deadlift. The awards were great-looking medals that came in from Al Seigel in PA. Local photographer Kevin King was on hand taking digital photos which participants could buy at the end of the meet. All in all, it was a great experience. Co-sponsors Mark Cinque of Tri-Fitness and Bill Duncan of the PHS Weightlifting Club are looking forward to hosting another local contest in December.

SLP Chicagoland Classic BP & DL 22 NOV 03 - Chicago, IL

BENCH PRESS	DL
master men 65-69	
242	
women 60-64	
132	
Joe Marsala	200
police & fire/45-49	
Wodd-Watson 80*	275
(4th)	85*
Mike O'Brien	430*
open women	
220	
430*	
275	
Lisa Miller	210*
Mike Hoskins	390
police & fire open	
148	
198	
J. R. Johnson	140
Lee Roy Banks	430
165	
275	
Jake Dias	205
Tom Harrison	
(4th)	215
600*	
teenage men 16-17	
148	
275	
148	
Mike Hopkins	430
open men	
308	
181	
A. Guillotte	135
Charles Wolf	395
(4th)	150
181	
teenage men 18-19	
181	
Roca-Dawson	300
198	
Denver Brown	390*
Kevin Farley	465
198	
Keith Szalai	365*
Frank Rincon	385
junior men	
220	
Carlos Navarro	335
308	
L. T. Trotter	330
220	
Aaron Barnhart	
submaster men	
181	
242	
Dan Moreci	365
Greg Zajac	525
220	
242	
Harland South	265
S. Alexander	425
242	
Joe Quintana	335
Larry Elster	390
275	
Rick Breier	405
Pete Kletz	525
master men 45-49	
220	
Ray Miller	395
DEADLIFT	
teenage men 16-17	
275	
148	
Mike O'Brien	430
Chris Adams	250
master men 50-54	
198	
submaster men	
220	
Harland South	405
220	
master	
men 45-49	
Henry Collins	430
220	
Mike Scarpino	325
(4th)	335
Mike Jones	300
242	
Frank Rincon	365

BP - Best Lifter - TOMMY HARRISON. * - Son Light Power Illinois state record. The Son Light Power Chicagoland Classic Bench Press/Deadlift Championship was held November 22, 2003 at Body By Design in Chicago, Illinois. Thanks to owner Mike Jones and his family for hosting this event. A big thanks also to Stirling Edwards for all his help loading and spotting. In the bench press event Linda Wood-Watson returned to competition to take the master women's 60-64/132 class. This was Linda's first bench competition, where she finished with 80 before making a fourth with 85. Both were new Illinois state records for her class. In the women's open division Lisa Miller set the state record at 220 with 210. A fourth with 220 was close, stopping just short of lockout. In the teenage men's 13-15 age group J. R. Johnson competed for the first time, taking that class with 140. Jake Dias won at 165 with 205, followed by a 215 fourth. In the 16-17 age division Christopher Adams won again at 148 with a personal best 155 while Antoine Guillotte captured the title at 308 with 135, followed by a 150 fourth. It was Antoine's first competition. Denver Brown came up from Missouri to breaking the existing state record for the 18-19/181 class, and did just that on his final attempt of 390. A fourth with 400 was locked out but was called for uneven extension. Keith Szalai set the state record at 18-19/242 with his opener of 365. His next two attempts at 405 failed to lockout. In the junior division lone competitor L. T. Trotter won at 308 with 330 after missing a state record 385 twice. Dan Moreci returned to competition after successful shoulder surgery last year, taking the submaster 181 class with a solid 365. At 220 Harlan South lifted as a guest lifter, finishing with 265. Joe Quintana won at submaster 242 with 335 while Rick Breier took the 275 class with 405, making all three of his attempts. Mike Jones won at master 45-49/220 with an easy 265, miss-



Taking home SLP trophies.....Tommy Harrison (left), and husband and wife team, Lisa & Ray Miller.



pull. Thanks again to Mike and his family and to my son Joey for all his help. (Latch.)
AAU Junior Olympics (kg) 26,27 JUL 03 - Detroit, MI
WOMEN SQ BP DL TOT
Kids (10-11)
77
Kendra Miller 95 50 90 235
4th 100 52.5
Youth (12-13)
88
A. Harris 75 37.5 70 182.5
97
Caitlin Miller 122.5 57.5 127.5 307.5
4th 60
Teenage (16-17)
123
Carly Nogle 157.5 70 182.5 410
4th 167.5 187.5
148
M. Dennany 165 90 147.5 402.5
198+
Shea Wallus 152.5 110 150 412.5
Junior
88
Kids (10-11)
Alisha Laing 52.5 32.5 62.5 147.5
4th 35
Youth (12-13)
Brooke Laing 40 27.5 55 122.5*
4th 30
105
Kids (10-11)
R. Reynolds 55 32.5 70 157.5
123
Teenage (14-15)
S. Lavallee 105 45 125 275
Teenage (16-17)
J. Bracken 65 30 80 175
198
Youth (12-13)
K. Casto 115 70 125 310
66
Kids (10-11)
M. Cavallaris 57.5 42.5 80 180
Kids (10-11)
Jared Fleming 80 47.5 97.5 225
4th 85
Chris Stump 57.5 30 70 157.5
132
Junior (20-23)
132
Kids (10-11)
Sean Olinger 85 50 112.5
247.5
4th 97.5
148
Youth (12-13)
Michael Oxier 102.5 60 125 287.5
165

Junior (20-23)	T. Hunter	92.5	87.5	162.5
342.5				
4th				165
Teenage (16-17)				
L. Paxos	147.5	95	190	
432.5				
Chris Balance	150	92.5	187.5	430
181				
Kids (10-11)				
Peter Collins	62.5	35	62.5	160
4th	65	70		
Teenage (16-17)				
Jared Shope	152.5	100	197.5	450
198				
Junior (20-23)				
Hollingsworth	160	120	200	480
Youth (12-13)				
A. Hargette	125	67.5	142.5	335
4th	242			145
Teenage (16-17)				
B. Sweitzer	215	142.5	220	
577.5				
Junior				
181				
Teenage (16-17)				
A. Crappel		140	140	
319				
Youth (12-13)				
Karl Tobin		110	110	
Junior				
66				
Kids (10-11)				
M. Cavallaris	57.5	42.5	80	180
97				
Jared Fleming	80	47.5	97.5	225
4th	85			
97				
Kids (10-11)				
Chris Stump	57.5	30	70	
132				
Men				
Sean Olinger	85	50	112.5	
247.5				
4th	97.5			
148				
Youth (12-13)				
Michael Oxier	102.5	60	125	287.5
165				

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■ Kids (10-11)
■ Peter Collins 62.5 35 62.5 160
■ 4th 65 70
■ Teenage (16-17)
■ Jared Shope 152.5 100 197.5 450
■ 198
■ Junior (20-23)
■ Hollingsworth 160 120 200 480
■ Youth (12-13)
■ A. Hargette 125 67.5 142.5 335
■ 4th 145
■ 242
■ Teenage (16-17)
■ B. Sweitzer 215 142.5 220
■ 577.5
(Thanks to Steve Wood for these results.)

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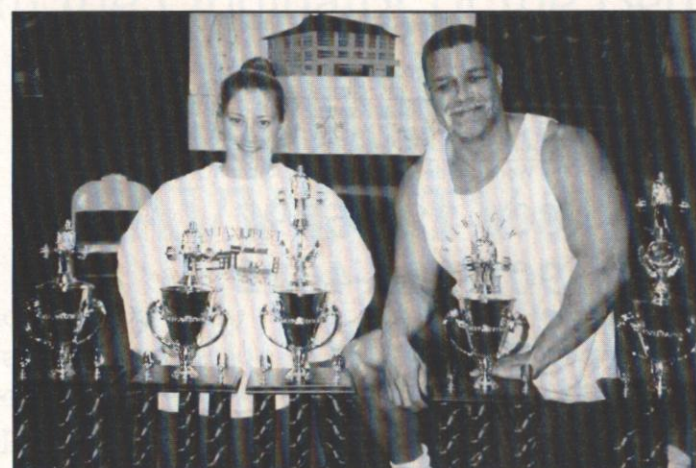
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SLP Lock Out at the Lock Up
28 MAR 04 - Taylorville, IL

BENCH PRESS	242		
junior women	D. Haycraft	510	
123	police & fire/45-49		
Erica Haislar	165*	198	
(4th)	175*	Mike Hawley	
teenage men 16-17	225*		
148	220		
D. Warren	255*	S. Barker	
181	325*		
E. Minter	215	police & fire	
198	198		
S. Resetar	290	Wayne Prose	350
Josh Durbin	190	Matt Noblet	295
220	Open Men		
Jake Reber	235	242	
teenage men 18-19	Tom Bozarth	350	
181	(4th)	355	
Kyle Barker	225	275	
junior men	B. Rogers	345	
148	DEADLIFT		
Joshua Reyes	260	junior women	
(4th)	285	123	
198	Erica Haislar	300	
Matt Bell	400	junior men	
308	148		
Lee Mateer	400*	Josh Reyes	450
(4th)	415*	master men 65-69	
master men 40-44	181		
220	D. Sidwell	310	
Roger Patton	275		

* Son Light Power Illinois state record. Best Deadlifter - ERICA HAISLAR. Best Bench - DOUG HAYCRAFT. The Son Light Power Lock Out at the Lock Up Bench Press/Deadlift Championship was held at the Lock Up Gym in Taylorville, Illinois on March 28, 2004. Thanks to Matt Noblet and Wayne Prose for all their help promoting this competition. Thanks also to my son Joey, grandson Daniel and everyone else who helped with the competition. In the bench press event WABDL world champion Erica Haislar broke her own Illinois state record with 165 at junior 123. Erica then came back with a strong 175 pr for a fourth attempt. In the teenage men's 16-17 age division Donnie Warren, lifting in his first competition, broke the state record at 148 with his third attempt of 255. Emmanuel Minter won at 181 with 215 while Scott Resetar won over Josh Durbin 290 to 190 for the win at 198. At 220 it was Jake Reber with 235 for the title. All of the lifters in this division were competing for the first time. Another first-timer, Kyle Barker, won at 18-19/181 with 225. In the junior men's division Joshua Reyes finished with 260 for the win at 148 before coming back with a successful fourth of 285, which was a new personal record for him. Matt Bell got his first official 400 bench with his win at 198 while Lee Mateer won at 308 with his first 400. Lee then returned for a 415 fourth which was also a new Illinois state record for that class. Roger Patton won at 40-44/220 with 275 while Doug Haycraft won at 275 with his 510 opening attempt. A second with a new state record of 355 failed at lockout. Mike Hawley set the state record at police & fire/45-49/198 with 225 and Steven Barker did the same at 220 with 325. Both were lifting in their first competitions. In the open police & fire division Wayne Prose won at 198 with 350. Matt Noblet placed second at 198 with 295. In the open division Tom Bozarth won at 242 with his 350 third and



Erica Haislar and Doug Haycraft.....best lifters at the SLP Lock Out.

355 fourth attempts. Brandon Rogers won at 275 with 345. The best lifter award went to Doug Haycraft. In the deadlift competition best lifter Erica Haislar pulled 300 at junior 123 for the win. The previous week Erica had broken the WABDL world record for that class with 323 @ 123! In the junior men's division it was Joshua Reyes with only his opener of 450. Taking the title at 65-69/181 was sixty-nine year old Darrel Sidwell. Darrel finished with 310. Thanks again to all who helped out and participated in this event. (D. Latch)

Nazareth Halloween BP/DL Bash
01 NOV 03 - Tatamy, PA

Womens	BP	DL	TOT
W 105 AM	145	275	420
Ronna Kassel			
JR 114 AM			
Tom Deebel Jr.	130	130	
W 132 AM Master			
Amy Winberg	135	200	335
Jr 132 AM			
Keary Molinaro	230	370	600
W 132 AM SubMst			
Tammy Daly	140	140	
W 148 Pro SubMst			
Amy Roberts	215	240	455
W 148 AM SubMst			
Anita Ramsey	215	215	
Jr 165 AM			
Arul Selvarayan	395	395	
Men's 165 OML/F			
Bob Legg	220	325	545
Men's 165 AM			
Dave Kirschen	405	405	
W 165 Open			
Sue Lewis	225	225	
Teen 165			
Colin Werner	210	210	
W 165 Pro			
Heather Hulseberg	185	185	
Jr 181 Pro			
Kevin Myrski	565	565	
Mens 181 AM Sub			
Ron Daley	480	480	960
Mens 181 AM			
Lee Zimmerman	365	460	825
Mens 198 AM/Mast			
Tom Deebel	315	515	830
W Am Sub 198			
Sandy McCaslin	255	255	
Mens 220 AM			

Colin Jenkins 560 560
Teen Am 220
Luke Ciccarelli 365 460 825
Mens 220 Pro Sub
James Howell 480 605 1085
Mens 240 Am
Dan Wowack 300 500 800
Mens 242 Jr. Am
Joe Szafranski 325 325
Mens 242 Pro
Butch Smith 455 700 1155
Mens 242 Am
Ryan DeFalco 475 475
Mens 275 Am Sub
Curtis Schultz 450 450
Mens 275 Pro Sub
Hunter Cross 610 610
Teen 275 Am
John Werner 460 460
Mens 275 Am Mst
John Marino
Mens 275 Am/ Law
Corey Schepler
Mens 275 Pro Sub
Wayne Aman 535 535
Mens 275 Am/ Law
Kevin Clark 560 560
Mens 275 Pro
Mark Bossowski 600 600
Mens 275 Sub/Law
Ron Smith 525 525
Mens 275 Pro
Bill Crawford 700 700
Mens SHW Pro
Brian Bacher 455 455
Mens SHW
Buster Godden

Putting together a power meet of any kind requires patience and mounds of tenacity. Getting sponsors, getting publicity, getting top-notch competitors takes a little bit more effort. Then there are the logistics: the location, the set-up, the flow, the scoring, to get together. In addition to that is the artwork for shirts, shirt orders, videos, trophies, bars, concessions, the list goes on. Sometimes we ask ourselves why? Sometimes we stop midway through and call up the powers that be to get us through to the next stage. When it's all rolling the day of the meet it just looks like fun and feels exhilarating! We take a look around and we recognize that these are the best of times. The camaraderie in this sport, at this level, is unmatched. That's why we go through the pains we do to put these meets on. It's the people, it's the vibe you will find nowhere else. Our powerlifting family has grown to include many new faces, new power and new energy in the past year. These meets have given us the opportunity to meet people from all walks of life, with one general mindset: sharing in a moment of greatness whether it be their own or that of another athlete. At the 2003 Halloween Bench/Dead Bash, there were many moments of greatness to be shared. Three newbies to the sport from our gym arrived on the scene for this year's meet. Sue Lewis, who just one year ago was benching 115 raw competed in the women's open and achieved her goal of a 225-pound bench. This was a huge accomplishment for Sue and there are only good things



Matt Bell.....his 1st. 400 bench!

ahead for her in this sport. An amazing pair of brothers, Colin and John Werner, hailing from Tatamy, handled themselves like they were old pros. Proud parents, Jody and Cindy, as well as other family members, watched and cheered as the two lads took the platform. Colin competed in the amateur teen 165 pound weight class hitting an amazing 210 pound raw bench at a body-weight of 157 pounds! Not to be outdone, big brother John at age 15 competed in the amateur teen 275's. John received the standing "O" from a crowd of more than 200 nationally ranked powerlifters and spectators when he put up 460 pounds to smash the standing record by over 120 pounds! That was on his second attempt, for his third John went after the big 500 pound bench! Although he moved the weight quickly, it went a bit too fast and John lost his groove. After wrestling season, there will be more opportunities to hit it. This makes John one of the strongest teenage benchpressers in the United States! Other members of the Nazbar family, Ryan DeFalco and John Marino, also competed. There were over 200 competitors who were new to the IPA. Kevin Myrski, a local boy turned Marine, left his station at Camp David to come up with a 565 pound deadlift in the Junior 181's. His intensity and drive got the crowd in the gym roaring! Mark Bossowski and fiancé Heather Hulseberg along with Curtis Schultz and Anita Ramsey broke out of bodybuilding for their first powerlifting meet! They showed us a whole different level of focus. We look forward to great things in the future from all of them. Sandi "Candyazz" McCaslin, supported by her husband Zane came up with the biggest women's bench of the day hitting 255, breaking the record formerly held in the women's submasters by Deb Ames. Father and son team, Tom Deebel Sr. and Tom Deebel Jr. had a great day, the younger making his third deadlift attempt of 130 at the tender age of 8. Butch Smith, after dropping 30 pounds of bodyweight, came through to take Men's best lifter with a 455 pound bench and a 700 pound deadlift! Bill Crawford was on hand to slap up 700, dedicating the biggest bench of the day to Travis Godden, son of Buster and Janis Godden who was tragically killed just months earlier. Buster, who trained with his son, benched 500 at this meet in the Mens Amateur Masters division. It has been a tough few months for the Goddens, we all miss Travis. At the after party, Elvis made an appearance as well as the Trowdroppers. It was a day to remember! Thanks to Mom and dad for their tireless help at the grill, to all of our gym family for their time and support! They are what make these things work, thanks Tina, Kathy, Jen, Hal, Tarzan, Lew, Kyle, Gail, Joel, Joe. Huge thanks to Dave and Traci Tate of http://www.elitefts.com/ for sponsoring the meet and to Sally Stone 215/862-1883 for doing a great job with the shirts, sweats, hats and work shirts! Our next meet is Saturday, February 7, 2004 - The Beast of the Bench!!! (Results given by Deb Ames/Mike Miller.)

100% RAW World Powerlifting
15 NOV 03 - Sterling, VA

WOMEN	SQ	BP	DL	TOT
148				
Cydney Smith	200	150!	325!	675!
(40-44)				
Lance Bravard	315	235	450	1000
181				
OPEN				
Doug Parrish	450	305	470	1225
Derick Bryant	350	335	405	1090
(55-59)				
A. Crenshaw	225	250!	375	850
(60-64)				
Doc Junkins	300!	230!	400!	930!
198				
Open				
Chris Wichtl	420!	300!	530!	1250!
(18-19)				
Chris Wichtl	420!	300!	530!	1250!
220				
John Shifflett		335*		
275				
OPEN				
Bart Schuman	635!	500!	635!	1770!
(40-44)				
Bart Schuman	635!	500!	635!	1770!
319				
(40-44)				
Rod Blackwell	620	450!	600	1670!
SHW				
(40-44)				
John James	450!	315	575!	1340!

! - World Record. * - State Record. Best Lifter: Heavy - Bart Schuman, Light - Doug Parrish, Teen - Chris Wichtl, Female - Cydney Smith, Master - Bart Schuman. This was a tremendous success with 19 world records and 1 state record. In women's 148 Cydney Smith squatted 200 lbs. - a world record 150 lbs bp & dl 325 lbs for a 675 world record total and best female lifter. In men's 165 Lance Bravard went 315-235-450 for a 1000 lb. total as well as taking photos of the meet and helping out. Derrick Bryant and Doug Parrish came up from North Carolina to battle it out in the 181s. Derrick had lifts of 350 sq 335 bp and 405 dl for a 1090 total. Doug had 450sq 305 bp and 470 dl for a 1225 total and was best lifter for the lightweights. Albert Crenshaw had 250 lb bp for a world record in the 181s (55-59). Chris Wichtl weighing in as a light 198er totaled a world record 1250 including a \ 420 sq 320 bp and best teen lifter. John Shifflett benched a state record 335 lbs l and also served as head judge for the meet. John is in the 220s 40-44. Doc Junkins lifting in the 181s (60-64) had 4 world records by way of 300 sq 230 bp 400 dl and 930 total. It seemed every time Doc touched the bar a record fell. Bart Schuman totaled a world record 1770 in the 275s on six attempts including a fantastic 635 world record squat shattering the old record and 500 lb bench press. Bart was best lifter for the heavyweights and lifted with a calmness that belied the incredible effort he put into each lift. Rod Blackwell had a strongly done world record 450 bench press and 1670 world record total. Many thanks are in order. Thanks to the judges, John Shifflett, William Thacker and Vince James. Cydney Smith's coach stepped up and spotted and loaded. His help was very much appreciated. Chris James spotted and loaded and did a tremendous job. Thank you to our Federation President Paul Bossi who announced, ran the scorers table and conducted our rules meeting. Thanks to Elizabeth city trophy for providing our awards. Thank you to caliber consulting & Technologies for sponsoring the meet. Many thanks to Jill at Marketing Fundamentals for providing the meet t-shirts, please visit their website at www.marketingfundamentals.com. Thank you to Mike Lambert and PLUS for listing the meet for us. Our next meet will be the Eastern Regionals on March 20, 2004 and will be held at The Sterling community Center. See you there! (Thanks to John James for providing the RAW World PL results.)

USPF Texas Cup & Mountaineer Cup IV Qualifier
15 NOV 03 - Austin, TX

Women	SQ	BP	DL	TOT
132 lb 14-15 Teen Women				
Megan Cook	102.5!	57.5!	125.0!	285.0!
165 lb Masters 50-54 Women				
Gail Brinker	92.5	70.0	122.5	285.0
114 lb Submaster Women Bench				
Carol Richardson	70.0			
Best Lifter Women - Megan Cook				
18-19 Men				
123 lb				
Roman Garcia	197.5	102.5	215.0	515.0
165 lb 18-19				
M. Gillette	232.5	120.0	235.0	587.5
242 lb 18-19				
Jody Suggs	245.0	167.5	235.0	647.5
275 lb				
L. Johnson	255.0	160.0	262.5	677.5
20-23				

IPA U.S. Freedom Cup
27 MAR 04 - New Oxford, PA
181 lb. SQ BP DL TOT
Amateur Master (45-49)



Attendees at the 100% Raw World PL Championships included... (l-r) Bart Schuman, Lance Bravard (kneeling), Chris Wichtl, Doc Junkins, Cydney Smith, Derick Bryant, Doug Parrish, Albert Crenshaw, John James, John Shifflett, Rod Blackwell (Photo courtesy of Lance Bravard.)

F. Piermattei	650	430	585	1665	165 lb	Trenton Wade	245.0	160.0	237.5	642.5
198 lb.					181 lb					
Amateur Master (55-59)					Ryan LeDoux	242.5	182.5	255.0	680.0	
John Hopkins	410	280	550	1240	198 lb					
220 lb.					Isaac Chapa	240.0	160.0	252.5	652.5	
Pro Men's Open					220 lb.					
Rod Christine	500	390	500	1390	Bryan Gaston	190.0	137.5	250.0	577.5	
Amateur Men's Open					A. Cordova	182.5	142.5	227.5	552.5	
D. Eisenhour	670	470	600	1740	242 lb					
J. Mayes	675	450	550	1675	Chris Dahlen	300.0	192.5	332.5*	825.0	
L. Livermore	530	440	550	1520	D. Cleveland	277.5	167.5	277.5	722.5	
242 lb.					308 lb					
Amateur Submaster					M. Sparkman	307.5!	215.0!	242.5!	765.0!	
D. Eisenhour	670	470	600	1740	308 lb. bench only					
Amateur Master (55-59)					Josh Bryant	272.5				
Bob Bollergy	450	365	405	1220	275 lb.					
275 lb.					Open Men					
Amateur Master (40-44)					165 lb.					
M. Locondro	540	340	470	1350	J. Vasquez	242.5	172.5	227.5	642.5	
Amateur Men's Open					181 lb.					
A. Utermahlen	575	425	525	1525	Cedric Green	217.5	145.0	235.0	597.5	
Pro Men's Open					198 lb.					
David Murray	585	385	565	1535	Ricardo Ayala	227.5	182.5	250.0	660.0	
Amateur Master (40-44)					Joe Vega	237.5	162.5	192.5	592.5	
Randy Olinger	550	330	590	1470	220 lb.					
Amateur Men's Open					B. Jaspersen	250.0	172.5	260.0	682.5	
Randy Olinger	550	330	590	1470	Guest Lifter					
BENCH					Gene Bell	332.5	250.0	305.0	887.5	
Amateur Submaster					242 lb.					
Amateur (18-19)					Ed Coan	345.0	227.5	320.0	892.5	
220 lb.					Bob Hester	330.0	210.0	300.0	840.0	
Ryan DeLong	405w				John King	295.0	195.0	272.5	762.5	
148 lb.					P. Rodriguez	277.5	205.0	252.5	735.0	
Amateur (40-44)					M. Phillips	210.0	172.5	257.5	640.0	
Mark Guthrie	330w				275 lb					
165 lb.					Evan Whalen	335.0	215.0	312.5	862.5	
Amateur Police					E. Cunnane	292.5	235.0	305.0	832.5	
Bob Legg	220				308 lb					
Amateur (50-54)				</						

SLP Heath Clifton Memorial
20 MAR 04 - Paragould, AR

BENCH PRESS 181	
master women 40-44C. Sorrentino 405	198
Vicky Dupuis 240*	K. Garrett 450
(4th) 250*	220
teenage men 13-15 Jack Groves 605*	198
Collingsworth 195	308
teenage men 16-17 Carl Causin 500*	165
(4th)	515*
Tommy Hall 260	515*
teenage men 18-19	DEADLIFT
275	master women 40-
D. Henson 300*	44
junior men	198
148	Vicky Dupuis 360*
E. Bricker 260*	(4th) 375*
submaster men	teenage men 13-15
181	165
Doug Bryan 350*	T. Wright 220
242	198
Randy Wright 450	Collingsworth 315
(4th) 475*	submaster men
308	308
J. Crone, Jr. 395*	J. Crone, Jr. 575*
master men 40-44	police & fire
220	275
D. Ray 295*	B. McGlothlin 525*
(4th)	300*
242	open men
Tim Hunt 330	K. Garrett 650*
master men 60-64	220
220	Terry Tucker 615*
Jim Turner 350*	Jack Groves 600
police & fire	242
275	J. Schenck 475
B. McGlothlin 315*	2-man
(4th)	325*
275	B. McGlothlin/
open men	T. Tucker
123	305*
A. Hrenchir 305*	1055*



Terry Tucker and John Crone, Jr. with a state record 1055 @ 275.

Fitness in Paragould, Arkansas. Thanks to owner Randy Wright and his staff for sponsoring this event once again. Thanks also to Heather and Randy Broadway for the set-up and to Billy Lamb, Glen Thomas and Randy Wright for loading and spotting. Patty Garrett took some great pictures of the meet while Kali Cox and Cassandra Dollars served as the "trophy girls". Everyone seemed to have a great time. In the bench press event Vicky Dupuis dropped down a weight class but moved up to the master division. Lifting in

just her second competition ever, Vicky won at 40-44/198, setting new Arkansas state records with every lift she took. Vicky finished with 240 before taking a fourth with a personal best 250. Tyler Collingsworth, lifting in his first meet, won at 13-15/198 with 195. Tommy Hall took the title at 16-17/165, making just his opener of 260. At 18-19/275 it was Derek Henson with his 300 opener for the win and a new state record there. Enoch Bricker moved up from the junior 132 class, where he is the state record holder,

for the win at 148. Having some problems with his shirt, Enoch had to settle with his opener of 260, still, another state record for him. In the submaster division it was Doug Bryan for the win at 181, finishing with 350. This broke Doug's own state record by 15 pounds. Randy Wright made 450 for his final attempt, then came back with a successful state record 475 fourth for the win at 242. John Crone, Jr. won at 308 with a new state record of 395. DuWayne Ray broke the state record twice at 40-44/220 with his 295 third and 300 pr fourth attempts. Tim Hunt won at 242 with 330. Our final master lifter was Jim Turner who won at 60-64/220 with a new state record of 350. In the police & fire division Bill McGlothlin won at 275 with his 315 third and 325 fourth attempts. Both were new Arkansas state records for that class. In the open division Andrew Hrenchir had a great day at 123, breaking his own state record there with 305! Andrew had placed second a last year's Bench America. Chris Sorrentino only got in his opener of 405 with his win at 181, but which was also a new personal best for him in a competition. At 198 it was Kenny Garrett, taking the win with his 450 opener. Training partner Jack Groves looked strong on this day with his 605 state record opener. A second attempt with 650 was coming up just as easy when it rolled out of Jack's hands and got away from the spotters. That's a lot of weight to fall on one's chest, but after a few minutes he shook it off, then passed on his third and waited to pull in the deadlift competition! Second place at 220 went to Terry Tucker who finished with a personal best 350. Then at 308 we saw another great lifter in Carl Causin. Lifting "raw" Carl finished with 500 before a great 515 pr fourth locked out. Both were new Arkansas state records for the class as well as a new national raw record there. The best lifter award went to Jack Groves who finished with a personal best 605. In the deadlift competition Vicky Dupuis continued her

winning ways, taking the 40-44/198 class with new state record pulls of 360 and a pr fourth with 375! Great job, girl! Tanner Wright got a new pr with his 220 pr pull at 13-15/165 while Tyler Collingsworth won his second title at 198 with 315. John Crone, Jr. finished out a great day of lifting with his second state record of the day at submaster 308, finishing with 575. Teamate Big Bill McGlothlin did the same with his pr and state record pull of 525 at police & fire/275. In the open division best lifter Kenny Garrett only got in his opener of 650, missing 700 twice. This was also a new state record for Kenny. At 220 it was Terry Tucker with a new state record of 615 over a "sore" Jack Groves, who pulled just his opener of 600. Terry wore the brightest and ugliest deadlift shoes of the meet (I'm still not sure what color they were), as he broke his own state record by 40 pounds! At 242 it was James Schenck with his opener of 475, just missing a pr 530 at the top. Then in the 2-man event John Crone, Jr. and Terry Tucker pulled a new Arkansas state record at 275 with 1055! Thanks again to all the lifters, spectators and helpers who made this another successful event. See you all back here October 16 for the state championships! (Dr. Darrell Latch)

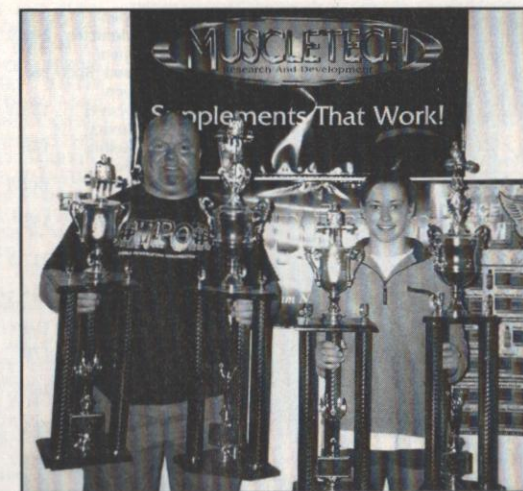
SLP Central Illinois Open BP & DL
23 NOV 03 - Hillsboro, IL

BENCH PRESS master men 45-49	
junior women	165
123	J. Amsbury 305
Erica Haislar 160*	master men 50-54
198	198
Bob Compton 365	4th) 375
women 40-44	165
165	K. Kamlah 105
198	198
open women	M. Nichlos 335
123	master men 65-69
Angie Mizera 75	220
teenage men 13-15	Bernie Johnsey 300
148	master men 75-79
B. Moore 175	198
teenage men 18-19	T. L. Mackey 225*
181	police & fire/40-44
Adam Gouge 260	308
198	Mike Lennix 320*
Jake Sherer 240	open men
242	148
Dan Wood 300	Shane White 200
junior men	165
181	A. Abukhater 290
Blake McClean 310	198
Mike Grim 180	Bob Compton 365
198	(4th) 375
Matt Bell 345	242
(4th)	Ed Clark 585
198	275
Kyle Cress 285	Tilden Watson 475
(4th)	300
198	DEADLIFT
G. Parquette 260	teenage men 18-19
220	Dan Wood 475*
Ed Krotz 315	junior men
Aaron Ballard 305	181
242	Mike Grim 355
Andy Naves 375	(4th) 380
submaster men	198
275	G. Parquette 355
David Mizera 300	(4th) 370

BP - Best Lifter - ED CLARK. * Son Light Power Illinois state record. The Son Light Power Central Illinois Open Bench Press/Deadlift Championship was held November 23, 2003 at Hillsboro Health & Fitness in Hillsboro, Illinois. Thanks to new owners David and Angie Mizera for hosting this event. In the bench press event state and national record holder Erica Haislar broke still another Illinois state record with her win at junior women's 123. Erica finished with 160 after giving 170 a try twice. At master women 40-44/165 it was first-time competitor Kathryn Kamlah, who finished with 105 and the win there. Angie Mizera won the open 123 class with 75, also lifting in her first meet. In the teenage division Brandon Moore won in his first competition with 175 at 13-15/148. In the 18-19 age group Adam Gouge won at 181 with a personal best 260. Jake Sherer finished with 240 at 198, this being his first competition also. Still another first timer was Dan Wood, who won at 242 with 300. We had a big group of junior lifters, starting with the 181 class. First

place there went to Blake McClean, who finished with 310. Second place at 181 went to Mike Grim with 180. Matt Bell won at 198 with a strong 365 after finishing with 345. Second place at 198 went to Kyle Cress who finished with 285, then came back with a successful fourth of 300. Gary Parquette took third place honors at 198 with 260. This was Gary's first competition. Ed Krotz won his first competition the first time out with his win at 220, finishing with 315.

Aaron Ballard was second at 220 with 305, also competing for the first time. Andy Naves, lifting in just his second competition, won at 242 with a personal best 375. In the submaster division David Mizera finished with 300 for the win there. James Amsbury got a new pr with his win at 45-49/165. James moved up a weight and age class, finishing with 305. Bob Compton took the 50-54/198 class with 365, lifting raw. A fourth with 375 was also good. Michael Nichlos was second at 198 with 335, making just his opener. Both men were competing for the first time. Bernie Johnsey won at 65-69/220 with a great 300 while seventy- eight year old Tom Mackey won at 75-79/198 with a new state record of 225. In the police & fire, master 40-44 division big Mike Lennix won at 308 with a new state record of 320. Shane White took the open 148 class with 190 before making 200 for a fourth. Ahmed Abukhater won at 165 with 290. Bob Compton won his second title of the day with his win at 198. Ed Clark was looking for 650 on this day, but things just didn't work out and he settled with his opener of 585. A final attempt with a personal best 610 was just out of the groove. Our final competitor in the bench was 275 winner Tilden Watson. This was his first competition and he did good, making his 475 opener, then missing at 485 and 500. But Tilden showed plenty of potential and will be near 550 soon, after he gets used to his new shirt. Of course, Tilden's real drawback is his two trainers, Kevin

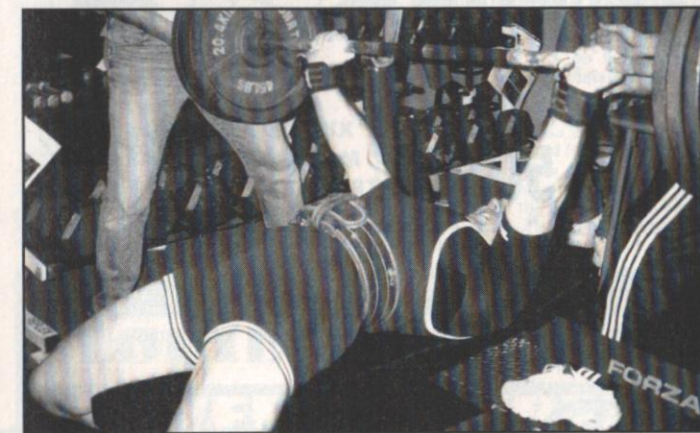


Best lifters Ed Clark and Erica Haislar (Photo Latch)



M. Grim with 380 @ junior/181

Hahn and Charlie Martin. Just kidding, it was great to see Kevin and Charlie, who have been doing great in the WABDL. The best lifter award went to Ed Clark. In the deadlift competition Dan Wood won his second title of the day at 18-19/242 with a strong 475. A fourth with 500 almost locked out, stopping just at the top. Dan, who shows POTENTIAL, set the Illinois state record for his class. Mike Grim won his first title with his win at junior 181,



Matt Bell with 365 @ junior/198 (Photograph by Dr. Darrell Latch)

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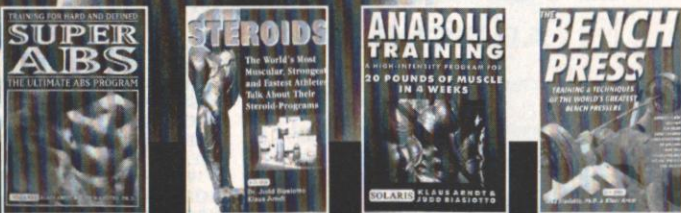


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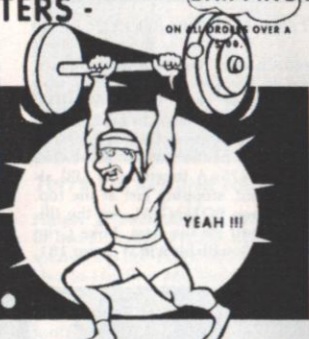
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APF Central CA Open & Novice PL 26 APR 03 - Fresno, CA	165 Novice Linda Ponce 127.5 77.5 132.5 327.5
Womens SQ BP DL TOT	165 Open Kim Packer 182.5 77.5 155 415
132 Open L. Waddington 100 65 142.5 307.5	Mens



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City				Area Code/Telephone
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In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

Signature _____

148 Open Juan Molinaro 202.5 152.5 207.5 562.5	165 Open Haywood Blake 285* 170 237.5 692.5
181 Teen Eric Graves 182.5 102.5 190 475	181 Novice Herb Kellins 160 125 190 475
198 Teen A. Gentile 142.5 105 177.5 425	198 M50-54 Jim Razor 155 112.5 165 432.5
198 M55-59 Mitch Sperling 217.5 162.5 195 574.5	220 Teen 13-15 E. Charboneau 137.5* 95 172.5*405*
220 Novice Jim Tozzi 195 125 240 560	Fred Lomelin 170
220 M 45-49 R. Arrendondo 255 170 227.5 652.5	220 M 50-54 Ken West 215 140 187.5 542.5
242 Junior John Arenas 150 110 222.5 482.5	242 Open Jim Behan 322.5
242 M55-59 Manuel Frutoz 227.5	275 Open John Ford 357.5 187.5 312.5 857.5
275 Open Val Brenner 315 210 277.5 805.5	275 Open Jimmy Garza 242.5 182.5 245 670
275 Open Brian Meek 275	275 M45-49 John Ford 357.5 187.5 312.5*
275 SHW Leo Contreras 185 200 205 590	Robert Arnold 167.5 127.5 227.5 522.5
275 SHW Don Arnold 100 155 165 420	275 SHW M45-49 Leo Contreras 185* 200* 205* 590*
Bench Press Tom Aguilar 170	132 Shant Shekhanian 275
181 Todd Robinson 105 187.5 308+	205 Leo Contreras 200
Mike Gray 205 Leo Contreras 200	

* - APF California State Records. Best Lifters: Women - Lisa Waddington, Master - John Ford, Open - Haywood Blake, Novice - Chris Modlin, Bench Press - Mike Gray, Team Trophy - Kym's Gym, Referees - Radar Capehart, Ken Wheeler, Delbert Shay, Gary Ridgeway, Pete Wilson, John Mazmanian, Mitch Sperling, Meet Directors - Bob Packer, Kim Packer, Tim Daley. (Wheeler Fitness)

WNPFLifetime Nationals
06 SEP 03 - Bordentown, NJ

Powerlifting	SQ	BP	DL	TOT
148 SUBS SMITH 175 125 250 550				
165 OPEN MUSSEY 270 175 285 725				
17-19 SHW QUEEN 340 135 300 775				
148 MEN 17-19 GILLY 370 230 410 1010				
165 40-49 RAW MAXWELL 400* 200 430 1030*				
60-69 DODSON 300 160 330 790				
198 OPEN FAMIANO 545				
40-49 WILLIAMS 365 295 510 1170				
40-49 LOOMIS 315 255 400 970				
50-59 COTE 150 370 225 745				
220 OPEN RAW DAVIS 440 315 465 1220				
242 KILLEN 440 315 465 1220				
242 SUBS CIARDULLO 440 325 425 1190				
275 SUBS MADERA 520 370 530 1420				
275 CARILLO 455 355 425 1235				
275 SUBS RAW NOLAN-BL 625 385 600 1610				
275 OPEN RAW NOLAN-BL 625 385 600 1610				
275 POWERCURL MEN 148 181 40-49 LOVE 135 FOLTZ 310				
17-19 SLAGUS 105* BRAGAR 285				
40-49 MITSOPOULOS 160				
GILLETTE 145				
242 LLOOMIS 145				
242 WILLIAMS 145				
242 OPEN SUTTON 225* 390*				
275 LITZENBERG 290				
275 OPEN MADERA 150 220				
40-49 OPEN RAW DAVIS 450				
SLAGUS 170 450				
148 SQUAT ONLY OPEN BARRETT-BL 135*				
275 LOVE 135* BURRITT 400				
275 SUBS RAW NOLAN 625				
275 DEADLIFT ONLY BURRITT 400				
100 50-59 RAW TOTH 125				
11-12 RAW TOTH 145				
198 40-49 WILLIAMS-BL 510				
40-49 RAW GILLETTE 440				
220 50-59 COTE 225				
275 40-49 RAW KLEINSMITH 420				
40-49 RAW TOTH 500				
BENCH ONLY WOMEN 105 17-19 RAW SLAGUS 90* 340				
DAVIS 90* 340				

BE HELD ON MARCH 21 IN PHILADELPHIA, PA. (Results by WNPFL)

WNPFL American PL/BP/DL Natls 22 NOV 03 - Atlanta, GA	Powerlifting	SQ	BP	DL	TOT
165 OPEN JOHNSON 300 150 320 770					
100 9-10 RAW LUSTER 140 130* 210* 480*					
181 OPEN SESLER 198					
40-49 RAW FERENCE 380 300 500 1180					
242 JUNIOR RAW OLSEN 405 375 515 1295					
275 JUNIOR RAW NIESILOWSKI 455 300 550 1305					
40-49 RAW TURLEY-BL 540 370 500 1410					
BENCH 132 11-12 RAW LUSTER 120*					
11-12 RAW LUSTER 120					
165 SHW 17-19 RAW COOPER 115					
100 MEN BLANKENSHIP 450					
9-10 RAW LUSTER 130*					
114 40-49 RAW CURTIN 60					
132 11-12 RAW TOMS 95					
165 JUNIOR RAW UNSWORTH 300					
132 OPEN RAW PORTER 225					
50-59 RAW WOOTEN 305*					
181 17-19 RAW WEBB 210					
40-49 RAW MOSES 280					
220 SUBS MARTIN 415					
198 SUBS SMITH 198					
17-19 CURRY 300					
40-49 LANGENFELD 255					
40-49 RAW KAYES 305					
220 OPEN RAW FRADY 380					
370 LASITER 370					
242 SUBS RAW MITCHELL 385					
380 FRADY 380					
200 OPEN MOORE 405					
242 40-49 RAW MURPHY 425					
60-69 RAW SUMMERS 265					
275 17-19 RAW COOPER 170*					
40-49 RAW CRAWLEY-BL 605					

NICEST KIDS THAT I'VE EVER MET PUT ON AN OUTSTANDING PERFORMANCE FOR THEIR FIRST MEET. THEY BOTH SQUATTED VERY DEEP AND VERY STRONG. JOHN WOOTEN LIFTED WELL IN THE MASTERS 50-59 AND KENNY MARTIN WENT FOR THE SUBMASTER RECORD WITH A 440 ATTEMPT. WE HAD ANOTHER BATTLE IN THE 220 RAW DIVISION WITH MITCHELL, FRADY AND LASITER. THIS IS TURNING INTO A GOOD RIVALRY BETWEEN THESE THREE MEN. THEY ALL WENT THREE FOR THREE WITH MITCHELL WINNING FOR THE SECOND TIME THIS YEAR. DINA CURTIN ALMOST BECAME THE FIRST WOMAN TO CURL 100 POUNDS SHE CAME SO CLOSE WITH LOCKING OUT THE WEIGHT, MAYBE 2004, NO SHE WILL DO IT IN 2004. BUDDY CRAWLEY PUT UP A 605 POUND BENCH AND ATTEMPTED 620 ON A THIRD. ADRIAN LUSTER WANTED TO BECOME THE SECOND MAN IN THE WNPFL TO BENCH 800. HE OPENED WITH 765 AND MISSED IT AND THEN TRIED IT AGAIN. HE JUMPED TO 805 TO BREAK SHAWN LATTIMER'S RECORD. HE BROUGHT THE WEIGHT DOWN, GOT THE SIGNAL AND CAME ABOUT 4-5 INCHES FROM LOCKING IT OUT. LOOK FOR HIM TO HIT 800+ IN 2004. (THANKS TO USAPL FOR THE RESULTS.) (WNPF.)

Southwest VII Natural Raw
 26 OCT 03 - McMurray, PA

BENCH RESULTS	HEAVYWEIGHT
WOMEN'S LIGHT	OPEN
P. LORENZI 100	J. MEDVAN 385
CAROL KOCH 100	DEADLIFT RESULT
B. DEPRETIS 80	WOMEN'S LIGHT
WOMEN'S HEAVY	P. LORENZI 260
J. RHOADES 220	C. DEPRETIS 215
WOMEN'S MASTER	N. DEFERRARI 205
P. LORENZI 100	WOMEN'S HEAVY
WOMEN'S	J. RHOADES 355
GRANDMASTER	RAVEN FORD 305
CAROL KOCH 100	T. PEMBERTON 300
TEEN LIGHT 13-16	WOMEN'S
JAKE CUCCIA 180	MASTERS
TEEN HEAVY 13-16	P. LORENZI 260
CHRIS DEEP 290	N. DEFERRARI 205
TEEN LIGHT 17-19	TEEN LIGHT 13-16
MATT MCALE 310	JAKE CUCCIA 345
S. ANTOINETTE 190	TEEN HEAVY 13-16
TEEN HEAVY 17-19	PERRY BROWN 315
J. LEONARD 415	TEEN LIGHT 17-19
N. HILEMAN 350	S. ANTOINE 425
BENCH RESULTS	TEEN HEAVY 17-19
WOMEN'S LIGHT	N. HILEMAN 550
P. LORENZI 100	MATT BOVA 425
CAROL KOCH 100	MEN'S MASTERS
B. DEPRETIS 80	TIM BABLE 400
WOMEN'S HEAVY	C. BEDNAR 425
J. RHOADES 220	148 OPEN
WOMEN'S MASTER	R. NEUROHR 475
LORENZI 100	S. ANTOINETTE 425
WOMEN'S	CHRIS TARR 400
GRANDMASTER	165 OPEN
CAROL KOCH 100	MIKE HART 575
TEEN LIGHT 13-16	JAKE CUCCIA 345
JAKE CUCCIA 180	181 OPEN
TEEN HEAVY 13-16	MIKE BOVA 425
CHRIS DEEP 290	198 OPEN
TEEN LIGHT 17-19	R. DICKSON 540
MATT MCALE 310	DAVID FUCHS 515
S. ANTOINETTE 190	JASON SMITH 450
TEEN HEAVY 17-19	220 OPEN
J. LEONARD 415	SIMANOVICH 540
N. HILEMAN 350	242 OPEN
242 OPEN	GREG OLIVER 605
S. PALUKA 415	D.J. PETRELLI 600
MIKE LINDSAY 420	S. PALUCKA 575
R. HENNING 390	275 OPEN
275 OPEN	TREVIT SMITH 635
LARRY BONDE 365	HEAVYWEIGHT
DAVE HARDIC 350	MARK BRODY 525
F. GALLAGHER 320	J. MEDVAN 500

Everything was smooth and very well run as usual! Special thanks to - JoAnn & Carl Bruno and Mom which we couldn't do with out. My Mom and Dad - great cooking. Lisa - great cooking. Leo - great announcing. Don - Mike - Roger - Doug - Wesli. (Siwiak)



David Knight with The Road Warriors at a meet honoring Michael "Hawk" Hegstrand, 1/2 of the greatest tag team in the history of pro wrestling.

"Ohh ... What a Rush!" Raw BP/DL
 04 OCT 03 - Galt, CA

RAW Bench	Master 45-49
Men	275
Teen 13-15	M. Knight 500
198	Raw
T. Knight	Deadlift
275*	Men
275	Youth
E. Meyerdick	88
185*	D. Knight 115*
Open	Open
242	242
N. Gomez 350	D. Skeva 600
275	Master 40-44
M. Knight	242
Sub-master	D. Skeva 600
242	
N. Gomez 350	

*-Personal Record. On Saturday, November 15, 2003, The "Ohhhhhh...What A Rush!" Bench Press/Deadlift Classic took place at the Dungeon Gym, in Galt, CA. This meet was held in memory of Michael "Hawk" Hegstrand, 1/2 of the greatest

tag team in the history of professional wrestling, The Road Warriors. Hawk passed away on 10/19/03, at age 45. He was never too busy to sign autographs or take pictures with his fans, he'll be missed. Wrist wraps and chalk were the only equipment allowed at this meet. Tony Knight, 14 years old and weighing 188 lbs. bwt, benched a PR 275 lbs. raw. Not bad, considering Tony has been busy playing fulltime High School football for Galt HS. Tony is the starting tackle on the defense and offense, playing both ways throughout the entire (winning) season, that's a true IRONMAN. Another 14 year old, big Evan Meyerdick, weighing in at 260 lbs. bwt, benched a PR 185. Evan has just started weight training, and is also a big asset to the Galt HS football team offensive line. Nito Gomez, 39 years old, weighed in at 230 lbs. bwt, and benched a big 350 lbs. Nito has been bodybuilding and doing well, in many competitions throughout the state of California. Nito normally doesn't bench press in training, relying on incline presses only. During the warm-ups, you could hear "Ohhhhhh What a Rush!!!" coming from the 45 year old, 265 lb. competitor, Mike Knight, as he held 405 lbs. on his chest, before he pushed it to lockout like an empty bar. Later, Mike went out and benched a big 500 raw @ 265 bwt., drug-free. David Knight, 7 years old, performed his favorite exercise, the Deadlift. Big Dave weighed in at 88 lbs. bwt, and deadlifted a PR 115! In the open and masters division, 44 year old, Darryl Skeva was back on the platform and deadlifted a huge 600 @ 242 bwt. to close the show. There was an "open" invitation to some lifters in the bay area, but they were obviously too busy to compete in this "raw" contest. I'd like to thank the 3 judges, Joe Weiss, Bob Morris, and Kurt Heath. And also thanks to the spotters and loaders that made the meet possible, Richard, Joey, and Tim. Thank you to Powerlifting USA Magazine. (Kurt Heath)

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USAPL Mississippi State 23 AUG 03 - Gulfport, MS					USAPL Maryland State (kg) 15 NOV 03 - Annapolis, MD				
123 lb.	SQ	BP	DL	TOT	Female	SQ	BP	DL	TOT
Teen (14-15)					97				
Knute Douglas	245	110	235	590	collegiate				
148 lb.					Abby Shields	72.5	37.5	90	200
Masters (50-54)					114				
Rich Blaumuller	200	155	235	590	teen 16-17				
165 lb.					J. Stewart	97.5	60	122.5	280
Masters (50-54)					collegiate				
Alan Sheen	185	175	315	675	Nicole Nguyen	87.5	47.5	92.5	
Open Ladies					227.5				
Annette Hughey	235	115	330	650	master (45-49)				
181 lb.					Kathi Multart				
Masters (40-44)					123				
Jessie Robles	475	335	520	1330	collegiate				
Junior Men					Jennifer Bloom	92.5	60	105	
Josh Hahn	500	270	470	1240	257.5				
Teen (16-17)					Lisa Dugan	90	60	127.5	
Kevin Patrick	—	—	—	—	277.5				
Open					Monica Perez	75	40	110	225
Mike Casano	490	370	515	1325	1321lbs				
198 lb.					collegiate				
Adrian Serio	655	340	605	1600	Nissa Carlson	87.5	50	107.5	245
R. Franklin	530	395	515	1440	D. Castellano	60	40	105	205
John Vining	410	455	500	1325	open/guest				
Masters (60-64)					Judy Drenth	112.5	65	152.5	330
Victor Bazzone	355	250	460	1065	master (45-49)/guest				
Masters (55-59)					Judy Drenth	112.5	65	152.5	330
Jim Wold	395	300	500	1195	148				
220 lb.					teen 16-17				
Masters (40-44)					Rebecca Myers	130	65	127.5	
Jeff Wall	360	250	350	960	322.5				
242 lb.					collegiate				
Byron Nichols	570	505	525	1580	S. Harmon	125	77.5	132.5	335
B. Peterson	575	400	560	1535	L. Windham	110	72.5	125	
275 lb.					307.5				
Ceasar White	600	375	550	1525	collegiate				
319 lb.					Patsy Pederson	97.5	52.5	122.5	
Paul Fletcher	805	490	725	2020	272.5				
Tyron Barber	605	375	600	1580	Lisa Laughlin				
Masters (40-44)					165				
Paul Fletcher	805	490	725	2020	collegiate				
Masters (45-49)					Dara Ching	137.5	100	142.5	380
Robert Smith	580	405	535	1545	master (55-59)				
BP only					Marsha Serre	75	45	110	230
Ladies					181				
148 lb.					collegiate				
Sonya Duncan	145	275	315	735	P. Giddings	132.5	80	157.5	370
181 lb.					L. Goldenberg	125	65	135	325
Christi Smith	165	165	215	545	master				
Men					S. Washington	70	62.5	110	
165 lb.					242.5				
Teen (18-19)					123				
F. Burnette	300	200	315	815	collegiate				
Teen (14-15)					Miles Nash	117.5	90	155	
Cody Anderson	130	130	175	435	362.5				
198 lb.					Paul Ortiz	95	77.5	115	287.5
Junior					J. Navarre	75	85	122.5	282.5
Rich Franklin	395	275	375	1045	132				
220 lb.					collegiate				
Lee Benton	350	275	375	1000	T. Dirienzo	155	112.5	200	467.5
242 lb.					William Lee	162.5	100	172.5	435
Submasters					Matt Frederick	160	105	170	435
(Thanks to USAPL for providing results.)					Aaron Walz	127.5	87.5	145	360
					Chris Munguia	117.5	85	140	342.5

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open/guest lifter	open	open	open	open
S. Hunter	170	112.5	185	467.5
148				
teen 18-19				
Matt Panizan	162.5	80	195	437.5
teen 18-19				
William Lubeck	217.5	160	265	642.5
collegiate				
Stoney Portis	207.5	157.5	230	595
Joshua Leone	200	140	220	560
Mitch Fury	197.5	132.5	202.5	532.5
Gilberto Nieves	175	117.5	232.5	525
Mark Barnes	187.5	115	187.5	490
Erik McElvenny	150	112.5	172.5	435
open				
William Lubeck	217.5	160	265	642.5
master (75-79)				
L. Atkinson	75	60	122.5	257.5
1811bs				
youth (11-13)				
Peter Collins	60	35	70	165
teen 16-17				
Josh Halbert	145	97.5	180	422.5
junior 20-23				
Eric Billings	195	140	190	525
collegiate				
Jason Bowers	235	145	240	620
Joe Mroszczyk	200	150	230	580
William Finney	185	130	227.5	542.5
C.M. Zwicker	190	150	195	535
Cody Clark	197.5	137.5	200	535
open				
Ty Wagerle	215	167.5	245	627.5
master (65-69)				
Jay R. Katzman	160	110	182.5	452.5
198 lbs				
collegiate				
Derek Curry	217.5	165	260	642.5
Lonnie Story	205	160	230	595
Mitch Newton	200	145	232.5	577.5
J. Gazarek	192.5	155	222.5	570
Thomas Irwin	195	167.5	205	567.5
open				
Joe Russo	245	182.5	257.5	685

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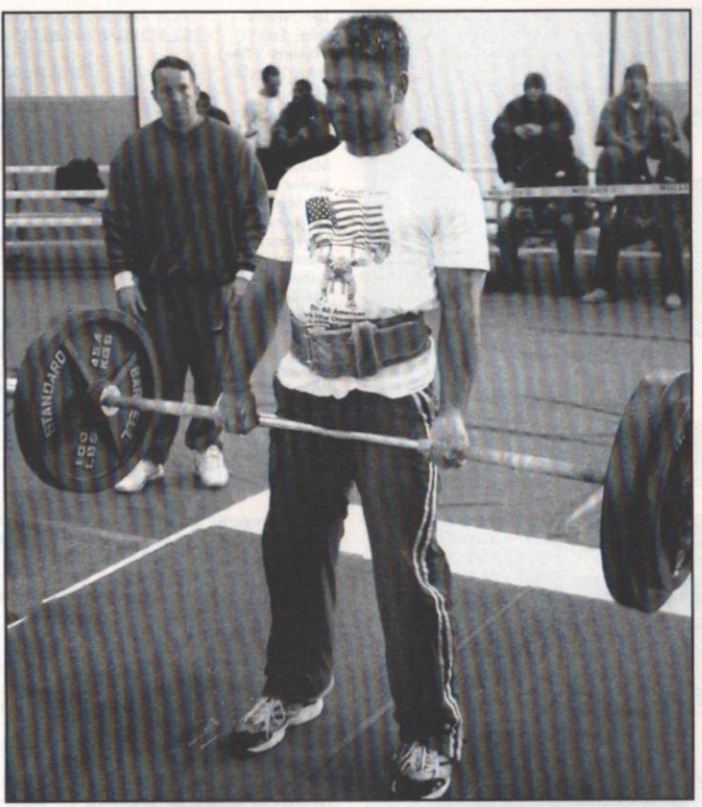
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Ron Robinson	267.5	152.5	255	675
David Chesno	192.5	130	222.5	545
Dennis Reamy	157.5	90	187.5	435
William T Lubeck				
master (45-49)				
William T Lubeck				
master (50-54)				
Peter Driscoll	192.5	125	205	522.5
master (60-64)				
Dennis Reamy	157.5	90	187.5	435
220lbs				
collegiate				
Fred Fields	240	150	260	650
collegiate				
James Heely	222.5	145	255	
622.5				
Garrett Houk	205	152.5	182.5	540
collegiate				
Dylan Ludka	175	130	227.5	
532.5				
open				
Matt Gary	260	172.5	290	
722.5				
M. Hallman	237.5	165	250	
652.5				
M. Guizzotti	237.5	165	247.5	650
242				
Joe Hirsch	282.5	197.5	277.5	
757.5				
open				
Lloyd Harrod	192.5	127.5	192.5	
512.5				
master (55-59)				
Lloyd Harrod	192.5	127.5	192.5	
512.5				
275 lbs				
collegiate				
Adam Smoot	245	172.5	267.5	685
Tuchscherer	227.5	160	227.5	615
Steven Schmitt				
open/guest lifter				
Kurt Roberts	215	140	207.5	
562.5				

SHU Invitational
27 FEB 03 - Huntsville, TX

Women	SQ	BP	DL	TOT
97 lb. Collegiate				
V. Naymick	175	105	215	495
147 lb. Collegiate				
S. Thomas	320	125	375	820
165 lb. Open				
Pater Papaleo	475	280	405	1155
Collegiate				
Bobby Warren	425	255	365	1045
Art Gonzalez	440	315	530	1285
181 lb. Collegiate				
J. Tollemache	400	300	445	1145
B. Bartlett	420	285	450	1155
J. Crocker	405	280	510	1195
Teen (16-17)				
J. Prichard	450	265	465	1180
198 lb. Collegiate				
Justin Newman	460	300	490	1250
T. Goodpaster	500	315	435	1250
Daniel Crozter	500	275	550	1325
220 lb.				
Teen (14-15)				
Dustin Earnest	405	250	505	1160
Collegiate				
Phillip Redix	510	315	500	1325
Jake Shabinsky	505	240	550	1295
Albert Lopez	400	260	425	1085
Ryan Franks	375	315	475	1165
Master (50-59)				
Art Martin	400	240	405	1045
242 lb. Collegiate				
Shane Dickey	630	330	575	1535



Jeff "Wink" Wincovitch achieved a total of 690 @ 165 at the SCI Retreat Push-Pull competition held Nov. 8 in Retreat, PA. (The Power Gym)

K. Crumedy	480	300	510	1290	Hodgins	405	207	515	1190
Tryus Allen	610	280	485	1375	Stanford	315	210	445	970
W. Amayas	475	315	500	1290	180				
275 lb. Collegiate					McDonald	315	235	410	960
Mike Drab	425	265	440	1130	200				
SHW Collegiate					Sykes				

USAPL American Open
29,30 NOV 03 - Philadelphia PA

Women	SQ	BP	DL	TOT
44 kg Open				
D. Aliminos	85.0	45.0	115.0	245.0
Masters II (50-59)				
D. Aliminos	85.0	45.0	115.0	245.0
48 kg.				
Masters (70+)				
Andora Quimby	25.0	—	25.0	—
60 kg.				
High School Varsity				
Amy Welcome	100.0	42.5	125.0	267.5
Open				
Nona Hill	67.5	52.5	102.5	222.5
67.5 kg.				
High School Varsity				
A. Whited	130.0	65.0	145.0	340.0
Teen III (18-19)				
A. Whited	130.0	65.0	145.0	340.0
340.0				
Masters I (40-49)				
Kathleen Jones	82.5	95.0	115.0	292.5
P/F/M				
Kathleen Jones	82.5	95.0	115.0	292.5
75 kg.				
Master I (40-49)				
Terri Smith	45.0	57.5	90.0	192.5
82.5 kg.				
High School Varsity				
Candice Box	110.0	60.0	112.5	282.5
Men				
56 kg.				
Guest				
Mike Kuhns	212.5	137.5	152.5	502.5
60 kg.				
Guest				
Allen Whigham	230.0	127.5	232.5	590.0
Open				
Jim Karvanos	162.5	97.5	182.5	442.5
High School Varsity				
Patrick Doyle	160.0	77.5	170.0	407.5
Master I (40-49)				
Jim Karvanos	162.5	97.5	182.5	442.5
67.5 kg.				
Open				
Brian Davidson	145.0	92.5	155.0	392.5
Junior (20-23)				
Brian Davidson	145.0	92.5	155.0	392.5
75 kg.				

Mike Cagliola	242.5	182.5	217.5	624.5
Phillip Wells	210.0	147.5	240.0	597.5
BJ Ahmadzadeh	—	—	—	—
Guest				
Lance Kirchner	227.5	227.5	227.5	682.5
Teen III (18-19)				
Brian Karpinski	192.5	132.5	195.0	520.0
University				
BJ Ahmadzadeh	—	—	—	—
Master II (50-59)				
Peter Hubbard	32.5	113.0	92.5	173.5
82.5 kg.				
Hayward Blake	230.0	200.0	232.5	662.5
Anthony Joseph	230.0	170.0	250.0	650.0
Rueben Green	240.0	147.5	262.5	650.0
P/F/M				
James Nolan	135.0	92.5	177.5	405.0
Teen (18-19)				
Robert Schodde	185.0	115.0	205.0	505.0
Ward Benson	—	—	—	—
Univeristy				
Ward Benson	—	—	—	—
Master II (50-59)				
Rueben Green	240.0	147.5	262.5	650.0
Master III (60-69)				
Jay Katzman	162.5	110.0	185.0	457.5
90 kg.				
Eric Katz	260.0	205.0	270.0	735.0
Bill Schmidt	262.5	182.5	282.5	727.5
DJ Baker	275.0	132.5	262.5	670.0
Jerry Daly	250.0	147.5	265.0	662.5
Mike Barcelona	245.0	182.5	230.0	657.5
Eliot Feldman	205.0	130.0	215.0	550.0
William Lubeck	160.0	137.5	220.0	517.5
Joe Matteo	285.0	—	—	—
Guest				
Mike Mastream	320.0	190.0	310.0	820.0
High School Varsity				
Loris Lepri	185.0	112.5	187.5	485.0
Teen III (18-19)				
DJ Baker	275.0	132.5	262.5	670.0
S. McDermott	190.0	167.5	165.0	522.5
Masters I (40-49)				
Bill Schmidt	262.5	182.5	282.5	727.5
Tom Sulton	230.0	145.0	200.0	575.0
Eliot Feldman	205.0	130.0	215.0	550.0
James Pinto	185.0	140.0	215.0	540.0
William Lubeck	160.0	137.5	220.0	517.5
Howard Wilk	—	—	—	—
Masters II (50-59)				

Joe Nealis	175.0	160.0	220.0	555.0
John Fox	152.5	125.0	165.0	442.5
Masters (70+)				
John Dorylis	—	—	100.0	100.0
100 kg.				
Jim Nicolosi	262.5	165.0	227.5	655.0
Joe DeMarco	227.5	150.0	252.5	630.0
High School Varsity				
Matthew Burt	177.5	97.5	200.0	475.0
Junior (20-23)				
G. McCauley	235.0	145.0	210.0	590.0
University				
Jim Nicolosi	262.5	165.0	227.5	655.0
Masters III (60-69)				
Robert Rood	—	—	—	—
110 kg.				
Brian Callahan	295.0	207.5	300.0	802.5
Joe Hirsch	272.5	212.5	277.5	762.5
Brian Dalesio	237.5	202.5	255.0	695.0
P. Fealtheller	260.0	150.0	272.5	682.5
Rob Eckhart	215.0	200.0	245.0	660.0
David Cooper	—	—	—	—
Teen III (18-19)				
Joe Kekoanui	185.0	112.5	235.0	532.5
Masters I (40-49)				
Saul Michelson	—	—	—	—
125 kg.				
Deron Rogers	320.0	190.0	335.0	845.0
Randall Olinger	245.0	145.0	255.0	645.0
Charles Bothwell	—	—	—	—
Masters I (40-49)				
Randall Olinger	245.0	145.0	255.0	645.0
P/F/M				
Charles Bothwell	—	—	—	—
125+ kg.				
Jeffrey Fiss	305.0	227.5	255.0	787.5
M. D'Amore	280.0	200.0	255.0	735.0
Luis Valez	295.0	182.5	227.5	705.0
Junior (20-23)				
Luis Valez	295.0	182.5	227.5	705.0
Masters III (60-69)				
Allan Siegel	150.0	100.0	182.5	432.5
(Thanks to USAPL for providing the results)				

AAU Junior Olympics (kg)

26,27 JUL 03 - Detroit, MI

WOMEN	SQ	BP	DL	TOT
Kids (10-11)				
77				
Kendra Miller	95	50	90	235

4th	100	52.5		
Youth (12-13)				
88				
A. Harris	75	37.5	70	182.5
97				
Caitlin Miller	122.5	57.5	127.5	307.5
4th				
60				
Teenage (16-17)				
123				
Carly Nogle	157.5	70	182.5	410
4th				
167.5				
148				
M. Dennany	165	90	147.5	402.5
198+				
Shea Wallus	152.5	110	150	412.5
Junior				
88				
Kids (10-11)				
Alisha Laing	52.5	32.5	62.5	147.5
4th				
35				
Youth (12-13)				
Brooke Laing	40	27.5	55	122.5
4th				
30				
105				
Kids (10-11)				
R. Reynolds	55	32.5	70	157.5
123				
Teenage (14-15)				
S. Lavallee	105	45	125	275
Teenage (16-17)				
185.0				
260.0				
J. Bracken	65	30	80	175
198				
Youth (12-13)				
K. Casto	115	70	125	310
MEN				
66				
Kids (10-11)				
M. Cavallaris	57.5	42.5	80	180
97				
Kids (10-11)				
Jared Fleming	80	47.5	97.5	225
4th				
85				
Chris Stump	57.5	30	70	157.5
132				
Kids (10-11)				
Sean Olinger	85	50	112.5	247.5
4th				
97.5				
148				
Youth (12-13)				
Michael Oxier	102.5	60	125	287.5

165				
Junior (20-23)				
T. Hunter	92.5	87.5	162.5	342.5
4th				
165				
Teenage (16-17)				
L. Paxos	147.5	95	190	432.5
Chris Balance	150	92.5	187.5	430
181				
Kids (10-11)				
Peter Collins	62.5	35	62.5	160
4th				
65				
70				
Teenage (16-17)				
Jared Shope	152.5	100	197.5	450
198				
Junior (20-23)				
Hollingsworth	160	120	200	480
Youth (12-13)				
A. Hargette	125	67.5	142.5	335
4th				
145				
242				
Teenage (16-17)				
B. Sweitzer	215	142.5	220	577.5
Junior				
181				
Teenage (16-17)				
A. Crappel	140		140	
319				
Youth (12-13)				
Karl Tobin	110		110	
Junior				
66				
Kids (10-11)				
M. Cavallaris	57.5	42.5	80	180
97				
Kids (10-11)				
Jared Fleming	80	47.5	97.5	225
4th				
85				
Novice				
D. Hutchenson	275		275	
Master				
M. McAllister	270		270	
Master 1				
Bob Leazer	360		360	
181				
Teen				
Chris Bell	230		230	
148				
Novice				
Mark Donahue	305		305	
Open				
R. Hennigar	350		350	
Submasters				
R. Hennigar	350		350	
198				
Novice				
C. Alvarez	315			

USAPL Longhorn Open
27 NOV 03 - Austin, TX (kg)

WOMEN (kg)	SQ	BP	DL	TOT
Teen (16-17)				
97 lb.				
D. Sifuentes	100.0	45.0	110.0	255.0
S. Ybarra	85.0	40.0	92.5	217.5
105 lb.				
Teen (16-17)				
Kat Legett	120.0	55.0	115.0	290.0
Y. Murrieta	92.5	52.5	112.5	257.5
M. Hernandez	77.5	35.0	87.5	200.0
V. Baltazar	50.0	37.5	82.5	170.0
Junior				
Melanie Cahilly	95.0	50.0	120.0	265.0
114 lb.				
Teen (16-17)				
Barbara Vallejo	90.0	45.0	107.5	242.5
123 lb.				
Collegiate				
S. Stone	112.5	60.0	125.0	297.5
Teen (14-15)				
Amanda Baum	87.5	40.0	80.0	207.5
S. Hidrogo	70.0	40.0	92.5	202.5
Teen (18-19)				
Audry Trevino	72.5	42.5	90.0	205.0
Open				
Rowena Lopez	—	—	—	—
132 lb.				
Youth (12-13)				
Megan Cook	110.0	50.0	105.0	265.0
Teen (16-17)				
M. Robledo	97.5	50.0	120.0	267.5
Cynthia Bustos	70.0	45.0	87.5	162.5
Teen (18-19)				
W. Propes	—	—	85.0	—
Bench Press Only				
Ashley Malt	—	65.0	—	65.0
Open				
K. Singletary	140.0	60.0	137.5	337.5
Amalia Litras	100.0	57.5	115.0	272.5
Pattie Farley	100.0	55.0	115.0	270.0
Stacy Milbauer	95.0	75.0	100.0	270.0
148 lb.				
Collegiate				
N. Hellerstedt	117.5	77.5	125.0	320.0
S. Thomas	—	—	142.5	—
Open				
C. Guerra	100.0	65.0	150.0	315.0
Teen (16-17)				
A. Marshall	130.0	62.5	147.5	340.0
H. Whited	125.0	72.5	127.5	325.0
Maria Govea	90.0	42.5	110.0	242.5
A. Villegas	65.0	35.0	87.5	187.5
165 lb.				
Teen (14-15)				
E. Benitez	85.0	45.0	97.5	227.5
Sylvia Villegas	85.0	40.0	100.0	225.0
Open				
K. Walford	185.0	107.5	230.0	522.5
181 lb.				
Masters (65-69)				
Dorothy Rawe	—	—	70.0	—
Teen (14-15)				
Kaleigh Burnett	80.0	35.0	92.5	207.5
Teen (16-17)				
A. Espinal	47.5	37.5	80.0	165.0
Sarah Perez	—	—	85.0	—
S. Martinez	—	—	—	—
198 lb.				
Open				
W. Allen	175.0	100.0	195.0	470.0
Teen (16-17)				
A. Marmolejo	130.0	60.0	125.0	315.0
L. Martinez	107.2	62.5	137.5	307.5
Jill Rios	110.0	60.0	97.5	267.5
Teen (18-19)				
L. Burdick	145.0	77.5	142.5	365.0
SHW				
Masters (40-44)				
Illani Taylor	—	—	—	—
Open				
Jade Dickens	—	—	—	—
Teen (16-17)				
Leigh Arnold	165.0	55.0	152.5	372.5
L. Navarro	—	—	—	—
MEN				
132 lb.				
Collegiate				
Jeff Olcsvary	62.5	130.0	62.5	255.0
Teen (14-15)				
Cruz Martinez	122.5	82.5	147.5	352.5
Chad Bettge	112.5	82.5	105.0	300.0
148 lb.				
Collegiate				
Chris Sarro	105.0	155.0	117.5	377.5
Junior				
Fred Bowens	210.0	145.0	202.0	557.5
Open				
Kino Hickey	137.5	112.5	195.0	445.0
Michael Jones	152.5	102.5	167.5	422.5

Teen (14-15)				
Caleb Friedman	165.0	97.5	177.5	440.0
Teen (16-17)				
Glenn France	225.0	90.0	210.0	525.0
Adam Hinkley	147.5	92.5	170.0	410.0
Robbie Reif	—	—	—	—
Miles Kamp	—	—	—	—
165 lb.				
Teen (18-19)				
P. McGinnis	182.5	125.0	217.5	525.0
181 lb.				
Collegiate				
F. Diego	227.5	150.0	205.0	582.5
Eric Ray	202.5	160.0	187.5	550.0
D. Weisinger	182.5	125.0	227.5	535.0
John Smiley	200.0	132.5	187.5	520.0
G. Warren	165.0	120.0	202.5	487.5
Anthony Abilez	—	—	—	—
Junior				
P. McGinnis	—	—	—	—
Open				
Cedric Green	215.0	140.0	235.0	590.0
Ardell Pittman	—	—	—	—
Teen (16-17)				
Casey Baum	142.5	97.5	125.0	365.0
Teen (18-19)				

J. Tollemache	155.0	115.0	195.0	465.0
198 lb.				
Collegiate				
S. Mefford	250.0	175.0	260.0	685.0
Jeff Scaparra	245.0	147.5	250.0	642.5
Jim Le	200.0	142.5	255.0	597.5
B. Bartlett	185.0	130.0	182.5	497.5
Tom Emmite	145.0	—	—	—
Junior				
Adrian Jackson	247.5	145.0	307.5	700.0
Masters (40-44)				
Dan Deuter	—	—	—	—
Open/Masters (50-59)				
M. VanCleave	245.0	140.0	245.0	630.0
Open				
Ray Higby, Jr	197.5	—	—	—
Teen (16-17)				
M. Pazos, Jr.	220.0	142.5	182.5	545.0
220 lb.				
Collegiate				
Casey Wolford	280.0	157.5	257.5	695.0
Ryan Elliot	245.0	157.5	277.5	680.0
G. Goebel	232.5	162.5	260.0	655.0
Andy Coggan	222.5	165.0	237.5	625.0
N. Gregory	205.0	145.0	232.5	582.5
Omari Dixon	205.0	150.0	227.5	582.5

Philip Redix	212.5	137.5	227.5	577.5
S. Tropea	215.0	135.0	227.5	577.5
L. Barajaz	—	—	—	—
Bench Press Only				
Jason McCollough	175.0	—	—	—
Chris Martinez	—	—	—	—
Masters (40-44)				
Tracey Glawe	277.5	192.5	280.0	750.0
David Georges	240.0	165.0	250.0	655.0
K. MacFarland	182.5	182.5	227.5	592.5
Masters (45-49)				
S. Johnson	—	—	—	—
Masters (55-59)				
Joe Lucio	190.0	125.0	205.0	520.0
Open				
Michael Stokes	325.0	205.0	327.5	857.5
Dewon Johnson	287.5	170.0	310.0	767.5
Kevin Kallos	230.0	165.0	242.5	637.5
Teen (14-15)				
G. Hardin	175.0	107.5	182.5	465.0
James Harvey	137.5	92.5	162.5	392.5
Teen (18-19)				
Jake Shabinsky	195.0	102.5	232.5	530.0
242 lb.				
Collegiate				
Brett Mitchell	275.0	200.0	260.0	735.0

Luke Bomar	272.5	145.0	272.5	690.0
Tony Dobson	235.0	160.0	250.0	645.0
Travis Priour	245.0	137.5	242.5	625.0
Shane Dickey	250.0	137.5	—	—
J. Rifenburgh	227.5	140.0	—	—
Masters (40-44)				
David Mullins	190.0	142.5	192.5	525.0
Masters (45-49)				
Gary Pamplin	310.0	—	—	—
Open				
M. Parsons	282.5	185.0	305.0	772.5
J. Gremillion	165.0	142.5	205.0	512.5
275 lb.				
Masters (40-44)				
Jeff Capps	297.5	202.5	317.5	817.5
Masters (50-54)				
Al Wood	197.5	165.0	220.0	582.5
Open				
Bill Ferguson	355.0	237.5	305.0	897.5
Neli Lehman	255.0	165.0	237.5	657.5
Atmo Hariram	235.0	—	—	—
Teen (14-15)				
Blair McCall	120.0	105.0	155.0	380.0
SHW				
Collegiate/Junior				
William Lee	247.5	220.0	285.0	752.5

Collegiate				
Shane Gibson	265.0	200.0	250.0	715.0
Masters (40-44)				
James Voronin	142.5	185.0	102.5	430.0
Masters (55-59)				
Ernie Surell	335.0	177.5	350.0	762.5
Open				
Kevin Jarrell	220.0	215.0	265.0	700.0
(Thanks to USAPL for these results.)				
6th Fred Rogers/Paul Smart BP/DL				
25 OCT 03 - Savannah, NY				
	Raw	BP	DL	Total
165				
18-19				
Joe Barone	230			
165				
35-39				
Jamie Sykes	220*	350	570	
181				
Open				
Matt Akerley	300	420	720	
220				
Raw				
Ron Barber	315			
220				

Open				
Moyer Simmons	440**	500	940	
275				
Raw				
Paul Miller	420	540	960	
275				
35-39				
Tom Kristoff	425*	625*	1050	
SHW				
45-49				
Keith Ward	360*			
Equipment:				
148				
18-19				
Dan Santarone	315**			
165				
35-39				
Brian Bohannon	290			
165				
Open				
Rudy Hillyard	330			
165				
45-49				
Nick Santarone	430**			
198				
45-49				

Steve Swingle	365			
220				
Lifetime				
Dave Herbst	375*			
220				
45-49				
Mike Arcarisi	300			
220				
55-59				
Scott Shales	405**			
220				
40-44				
James Mitchell	410			
242				
35-39				
Mark Harrison	355	510	865	
319				
40-44				
Steve Rogers	460**	375*	835	

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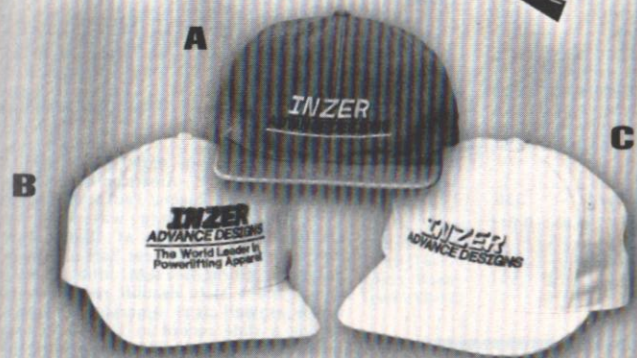
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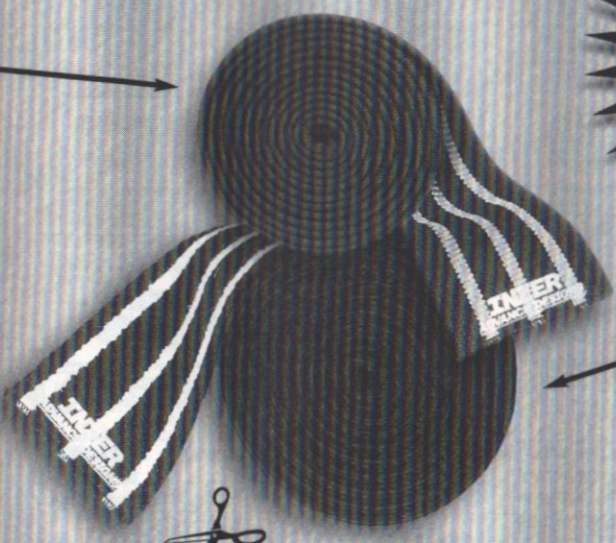
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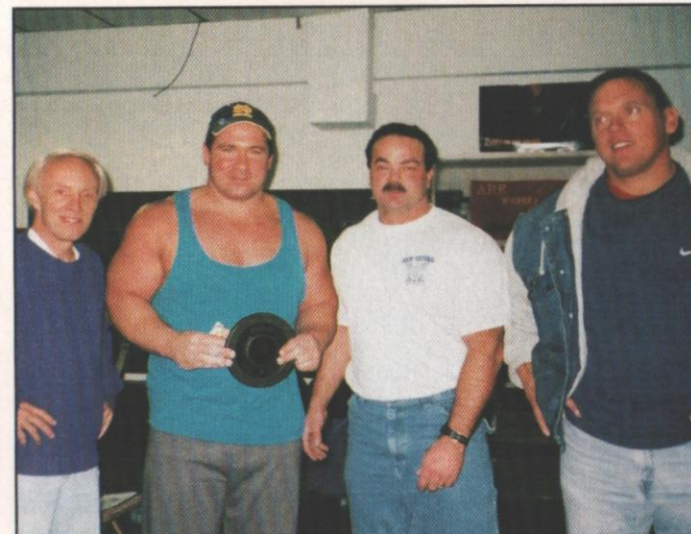


Mike (l) and Scott (r) Bixler together lifting for the first time in 20 years at the 3rd. Annual Pocket Samsons' Toys-For-Tots Christmas Bench Press Championship held in New Oxford, Pennsylvania. (Murphy)

3rd Pocket Samson's Toys for Tots Christmas Bench Press
6 DEC 03 - New Oxford, PA

Women	Zachary Long	215	220
97			
Shiann Ford	55	Scott Bixler	320
Men	242		
165	Ron Smith	455	
Brad Myers	200	Jeremy Staub	425
198	275		
J.Mummert	355	Robert Norris	600
J.Hockensmith	300	A. Utermahlen	415
Mike Bixler	250		

Praise the Lord for yet another supersuccessful Pocket Samson's Toys for Tots Christmas Bench Press. This, the 3rd annual, was held at Dave Altoff's The New Oxford Gym, New Oxford, PA. Highlights of this blessed event included an eleven year old barbie-doll named Shiann Ford had a three for three lift day and benched 55 lbs. at a bodyweight of 65 lbs.; the Bixler Brothers, Scott (320 @ 220) and Mike (250 @ 198), who both had 3 for 3 days; and a big 600 lb. bench press by 275 lber Mr. Robert Norris; "Billie" cheered on her teenage



(l-r) "Pocket Samson," with best lifter Robert Norris, New Oxford Gym owner Dave Altoff, and Jeremy Staub at the New Oxford meet (Murphy)

son Zachary as he benched 215 in the 198s. See "ya'll" next year. (Thanks to Glenn Murphy Jr. for providing the results)

Physical Culture Spring Meet
28 MAR 04 — Wyoming, MI

65 lb. Youth (9)				
Stephen Kin	125	65	125	315
WOMEN				
165 lb. Master				
Lynn Boshoven	525	250	500	1275
MEN				
220 lb. Submaster				
Mike King	800	420	550	1170
242 lb. Master (50+)				
Gordy Heiss	465	285	400	1150
BENCH ONLY				
SHW Teen (15-16)				
Tom Skiver, Jr.				400
220 lb. Master (50+)				
Tim Sheehan				425



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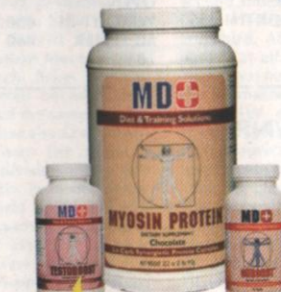
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**WNPF World Championships
24-26 OCT 03 - Edison, NJ**

POWERLIFTING WOMEN 148 OPEN EBLIN 40-49 CLIFFORD 165 OPEN CURTIN ROBY 40-49 HUFF 50-59 ROBY 148 17-19 SLAGUS OPEN VENTURELLA 40-49 VENTURELLA 165 OPEN EBLIN LEGG 50-59 LEGG 40-49 SCHEMINE 181 OPEN DANNA-BL SANNICANDRO SANNICANDRO 50-59 SUMNER 70-79 VAN BUSKIRK 198 40-49 WILLIAMS 220 GETSINGER MARSHALL 60-69 SECCHIUTTI 242 OPEN CASAGRANDE SZYMANSKI 40-49 CAGE 275 OPEN BIZZELL GEVAERDNORT 50-59 BIZZELL SMITH	40-49 SLAGUS 175* OPEN JMUHADZE 195* SQUAT 114 13-16 RAW STRATTON 125* 165 50-59 RAW ROBY 210* 198 40-49 WILLIAMS 380 220 40-49 HENSEN 505 242 35-39 AZIZ 630* 275 35-39 NOLAN 635 40-49 LOVEJOY 540 80 OPEN KIEFER 620* 80 DEADLIFT WOMEN 105 OPEN RAW HOXWORTH 170* 114 13-16 RAW HOXWORTH 145* 123 SUBS RAW TORRES 310* 165 OPEN RAW CURTIN 320* 17-19 RAW CAGE 370 JUNIOR RAW SANDSTRUM 390 OPEN COOPER-BL 730* MOMBERT 705 CASAGRANDE 680 SUBS AZIZ 625 SZYMANSKI SUBS RAW ERB 525 40-49 ANDERSON 275 OPEN RAW GEVAERDNORT 615* OLAJE 605* KOEHLER 540 BELLE 450 40-49 RAW	540 485 590* 445* 335 555* 335 198 JUNIOR HAUG 505 THOMAS 665* OPEN SKINNER 530 SUBS RAW BOWERS 550 40-49 THOMAS-BL SKINNER 530 WILLIAMS 510 50-59 SCARANDA 470 70-79 RAW LEVESQUE 440* 220 OPEN RAW FRITZ 580 JOHNSON 480 MARSHALL 385 SUBS RAW LEVERS 500 50-59 COTE 550* BUCCHIONI 455 242 OPEN RAW MORRA 480 17-19 RAW CAGE 370 JUNIOR RAW SANDSTRUM 390 OPEN COOPER-BL 730* MOMBERT 705 CASAGRANDE 680 SUBS AZIZ 625 SZYMANSKI SUBS RAW ERB 525 40-49 ANDERSON 275 OPEN RAW GEVAERDNORT 615* OLAJE 605* KOEHLER 540 BELLE 450 40-49 RAW	BECK KOEHLER BROWN 40-49 FINLAND 655 CHIAVACCI 560 LOVEJOY 520 SHW OPEN SEARCY 40-49 MACKEY 550 BENCH WOMEN 105 17-19 RAW DAVIS 95* 40-49 DAVIS 160* PROCTOR 125 148 OPEN RAW EBLIN 125 HAMILTON 665 40-49 RAW CLIFFORD 110 165 OPEN RAW CURTIN 135* 50-59 RAW ROBY 130* MEN 114 OPEN RAW CLAYPATCH 155* 132 17-19 RAW SMITH 135* 148 OPEN VENTURELLA 345 40-49 VENTURELLA 345 50-59 RAW CHAKRAVORTY 200* 165 OPEN RAW LEGG 220 PORTER 200 OPEN RHODES 460 ARTURDAROSA 320 SUBS ARTURDAROSA 320 EBLIN 300 40-49 RAW SCHEMINE 315 ALPERT 300 CLAYPATCH 181 JUNIOR UNSWORTH 285 OPEN RYAN 420	555* 540* 400 655 560 520 550 550 95* 160* 125 125 110 130* 200* 220 200 320 315 300 300 315 300 285 420	DANNA FOLTZ 335 MANZO 275 50-59 RAW FREEMAN 320 SUMNER 265 50-59 HOPF 270 60-69 MITSOPOULOS 320* 60-69 RAW FREED 320 198 OPEN SARALIDZE 385 RUSCITELLI 450 OPEN RAW GREEN-BL 430 SUBS RAW BOWERS 340* COLLINS 320 40-49 DUNN 350 60-69 LITZENBERG 300 40-49 RAW GREEN 430* CICHELLI 425* 220 OPEN BURRITT 425 MOORE 425 SUBS BURRITT 425 JMUHADZE 440 CASAGRANDE 395 MORRA 375 50-59 RAW RHODES 460 AZIZ 430 Powerlifting EQUIPPED 114 11-12 MCCLOSKEY 300* 150* 340* 790* 148 13-16 GITTO 340 230 375 945 165 OPEN WRIGHT-BL 480 330 590 1400 METIVIER 440 260 485 1235 181	SUBS RAW ERB 345 40-49 ANDERSON 350 RHODES 460* CAGE 350 60-69 BIDINOTTO 355* 60-69 RAW BIDINOTTO 295* 70-79 RAW ROMERO 205 275 OPEN GEVAERDNORT 540 KALFRIN 450 BELLE 380 CAWLEY 505* RAMOS 430 PESHEK 550* KLEINSMITH 500 CHIAVACCI 455 CAWLEY 505* KLEINSMITH 430 RAMEY 350* BECK 320 SHW OPEN LATTIMER-BL 800* JMUHADZE 485 TOLMIE 435 FORNARO 530 EDWARDS 500 SUBS RAW FERGUSON 530 40-49 MACKEY 515* HARLING 440 FORNARO 440 50-59 RAW CHAVCHANIDZE 415* GRANT 315* 50-59 GRANT 365* SQ BP DL TOT	415* 220 470 1105 435 320 450 1205 440 290 590* 1320 13-16 TOMASZEK 400 230 415 1045 600 415 645 1660 615 425* 550 1590 380 300 510 1190 390 230 470 1090 220 RADFORD 630 440 525 1595 475 395 550 1420 505 385 585 1475 505 590 550 425* 500 1475 630 430 625 1685 500 330 460 1290 480* 365* 505* 670 550* 590 660 505 600 1765 540 385 520 1445 100 9-10 FOLTZ 110* 60* 135* 305* 114 11-12 RAW BOMBERGER 160* 80* 160* 400* 148 13-16 KLAASSEN 245 150 240 695 17-19 HULSE 375* 250* 355* 980* 165 40-49 MAXWELL-BL 425* 215* 435* 50-59 HOXWORTH 400* 225* 505* 1130* JUNIOR REIDENBACH 325 225 405 955 181 17-19 DECHICKO 405 275* 540* 1220 OPEN ROCK-BL 515* 340 585 435 310 560 1305 465 300 480 1245 465 300 480 1245 440* 250 315 1005 470* 320* 515* 240 265 335 840 405* 315* 500* 405 315 500 1220 500* 300* 480* 405* 190 370 965 290* 170* 440* 900* 450 310 500 1260 205 275 315 795 500 405* 525 1430 415 375 420 1210 275 520* 405* 550* 415 330 530 1275
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**World Natural Powerlifting Federation (WNPF)
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I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

ZUPKO-BL WILGUS SUBS NOLAN COTTRELL 50-59 SMITH 1140* SHW 17-19 MARAIA JUNIOR HIGGINS WOMEN WORLDS 105 13-16 RAW BOMBERGER 114 13-16 ANDIORIO 123 OPEN WHIDDEN CALAIS 40-49 WHIDDEN 50-59 CALAIS OPEN RAW NEIDLINGER 148 17-19 LACH 35-39 SMITH OPEN RAW VEGA 165 OPEN RAW ROBY 50-59 RAW ROBY 181 40-49 MCLEAN	655 510 635 575 410* 275* 455* 320* 205* 385* 910* 500 375 475 1350 70* 55* 150* 275* 175* 115* 280* 570* 255 150 305 710 210 115 285 610 255 150* 305* 710 210* 115* 285* 610* 240* 135* 300* 675* 95 140* 135 370 270 140 275 685 275* 135* 300* 685* 200 120 200 520 210* 130* 185* 525* 325* 175* 375* 875*	440 390 405 465* 275* 275* 205* 205* 380 300 510 1190 230 415 645 1660 615 425* 550 1590 380 300 510 1190 390 230 470 1090 220 630 440 525 1595 475 395 550 1420 505 385 585 1475 550 425* 500 1475 630 430 625 1685 500 330 460 1290 480* 365* 505* 670 550* 590 660 505 600 1765 540 385 520 1445 100 9-10 FOLTZ 110* 60* 135* 305* 114 11-12 RAW BOMBERGER 160* 80* 160* 400* 148 13-16 KLAASSEN 245 150 240 695 17-19 HULSE 375* 250* 355* 980* 165 40-49 MAXWELL-BL 425* 215* 435* 50-59 HOXWORTH 400* 225* 505* 1130* JUNIOR REIDENBACH 325 225 405 955 181 17-19 DECHICKO 405 275* 540* 1220 OPEN ROCK-BL 515* 340 585 435 310 560 1305 465 300 480 1245 465 300 480 1245 440* 250 315 1005 470* 320* 515* 240 265 335 840 405* 315* 500* 405 315 500 1220 500* 300* 480* 405* 190 370 965 290* 170* 440* 900* 450 310 500 1260 205 275 315 795 500 405* 525 1430 415 375 420 1210 275 520* 405* 550* 415 330 530 1275
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another, etc. I hope that she will be back in 2004 to redeem herself because she is a great lifter. Ms. Clifford won her first WNPF title in the masters 40-49 division. Dina Curtin set a WR 135 bench in the open 165 raw division. Barbara Roby hit 130 in the masters 50-59 division and won first place. Hunter Claypatch set a new open and teenage record in the 114 class with a 155 bench. Mr. Smith from TN. won the teenage division 132 with a 135 bench. Sir Charles Venturella from Ohio pressed 345 to win the open and masters divisions. Sumant Chakravorty set a WR and won his class in the masters 50-59, 148 class with a 200 bench. Bob Legg from P.A. a big WNPF supporter and good friend won the open raw division and masters 50-59 division with a lift of 220 pounds. Joe Caliguri tied Arturda Rosa from Brazil with a 320 but Joe was the lighter man and won the open division. Arturda Rosa took the submasters division. Eddie Eblin won the subs raw division with a 300 pound bench and his first WNPF World Championship. We thought a close battle would take place in the masters 165 raw division with Schemine, Alpert and Claypatch going head to head. Schemine won with a 315 bench with Alpert hitting 300 and Claypatch just couldn't get it together today but he will be back next year stronger than ever. Mr. Unsworth from TN. took the junior division in the 181's. Leo Ryan from the Ephrata power team won the open 181's again and Flavio Dana from Brazil couldn't get on the boards at all. Dennis Foltz won the masters 40-49 division over Mike Manzo. Mike had a terrible injury that prevented him from going all out but he did push himself to the limit but couldn't beat out Dennis. Ed Freeman beat Frank Sumner from V.A. In the masters 50-59 raw division. John Hopf from NY won the masters 50-59 with a 270 bench. John thought the press signal was too long but as we always say it's a totally different situation when your sitting 18" away and 18 feet away. John Mitsopoulos the magic man put on a great magic show at the WNPF banquet and also on the platform with a lift of 320 and a new WR. Stan Freed won his class in the over 60 raw division. Boris Saralidze from Russia won his first WNPF world championships in the 198 open division with a 385 bench over an injured Joe Ruscitelli. Al Green took the Open raw and masters raw division with a 430 bench. Finishing a close second in the masters was a great lifter from NY Mr. Cichelli. Paul Dunn and John Litzenberg put on great performances and both won their classes. Brian "Mack Daddy" Burritt beat out TN. Jonathan Moore with a 425 bench. Brian was the lighter man because they both lifted the same weight. Mr. Kharabadze from Russia won the masters over 50 division with a 440 bench. He beat out Many time world champs Ralph Brown and Roland Cote. Roland also set a new masters raw WR with a 370 bench. Larry Davis from DE. Won his class in the 220 masters over Jerry Kluff. Another Russian lifter won the 242's Mr. Jmukhadze with a 440 bench over Brazil's Casagrande and USA Chris Morra. Zach Rhodes a long time WNPF member and Marine came from CA. and he had just got back from Iraq also won his class in the masters and open raw division with a lift of 460. Joe Erb and Tarrig Aziz won their classes and became World Champions in the single lifts. Jeff Anderson had all kinds of problems with his new shirt and bombed out. Mr. Bidinotto won the masters over 60 raw and equipped



Shawn Lattimer benching 800 in drug tested competition (Troy Ford)

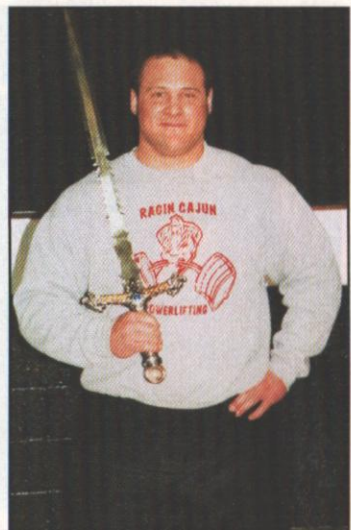
in the 220 class and he also set WR's in both divisions. Ray Romero one of my favorite guys won his class in the masters over 70. Ray was the first latino football player in the NFL. He played for the Eagles. In the 275's open division Gevaerd Nort from Brazil beat out some tough competition with Kalfin coming in second, Mr. Belle in third and Buddy Cawley bombing out. Jeff Peshek set a new WR in the masters with 550 and won another WNPF title over Kleinsmith the 2002 WC and Dave Chivacchi and Buddy. In the 40-49 raw division Buddy beat out Jay, Tom and Bill with a new WR 505 bench. Buddy has got to be the strongest dentist in the nation. I wouldn't want him pulling my teeth. Big Tiny was in the house once again. Shawn Lattimer opened up with 750, he could touch his chest with the weight. He tried 800 on his second and got out of the groove a little bit and then on his third almost the entire audience was around the platform taking pictures and video taping this historic lift. Shawn was about to become the first drug free bench to bench 800 pounds. He took it off the rack with the help of three spotters, brought in down under control and bang. It shot up to a complete lockout. This lift would have counted anywhere. We drug tested the big man and he passed for the second time in 2003. Mr. Jmukhadze and Carroll Tolmie from CN. Placed second and third. Al Fomaro couldn't get on the boards at all. He tried 550 and missed it. Tiny Dwayne Ferguson lifted 530 and won the submasters and open raw divisions in the SHW class. Matt Mackey from England won the Masters 40-49 class over NY's Maurice Harling and Al Fomaro. The quiet storm Mr. Chavchanidze from Russia won his class over Mr. Grant. Deadlift-The Hoxworth's racked up all of them won their divisions and the team title for team Hoxworth from NJ. Elizabeth Torres won the submasters raw division with a 310 DL. Dina Curtin had an off day and the jitters but she still managed a 320 DL, she was hoping for 340-350. Margaret McClain won the masters 181 class with a 375 DL. The Toth's both won their divisions with a 145 & 170 DL. Mr. Borges from NJ won his class and set a new WR in the 148's with a 340 DL. Bob Legg won the masters and open raw divisions in the 165 class with 320. Carlos Rijos from Puerto Rico won the 181 open raw class with a 540. Pete Mo from NJ set a new masters WR deadlift with a 590. Mike Manzo took the masters raw with a 445 and set a new WR. Ray Dennison from P.A. set a new WR with a 555 in the masters over 50. Mr. Van Buskirk won the masters 70-79 with a 335. John Haug, Perry Thomas and Don Levesque all won their classes and became WNPF World Champs. Andy Skinner long time WNPF member (1990) won the open class with 530. Mario Bowers won both the bench and deadlift in the submasters divisions. Mr. Fritz beat out Mr. Johnson and Mr. Marshall from CN. In the open 220 class with a 580. Gene Levers from NJ won the subs raw 220's with 500. Roland Cote beat out Larry Buccchioni from Va. And he set a new WR with a 550. Chris Morra won the open raw division with a 480. Brandon Cage won his first WNPF world title in the teenage 242 class. Mike Sandstrom from CN. Took the junior division title with a 390. Here was the challenge we were waiting for. Dave Cooper from MD, Frank Mombert from Belgium and Evandro Casagrande from Brazil. We all were waiting to see the outcome of this one. They all opened with 680-685 and made them. They went into the 700's and Cooper came out the winner with 730, Mombert ended up second with 705 and Evandro wound up third with his opener of 680. Gevaerd Nort from Brazil won the 275 raw class with a 615 WR and Olaajecame in second but set a new lifetime raw record with 605. In the masters 40-49 raw Bill bench from Ohio just beat out Clarence Koehler from NJ with a 555. Irv Brown placed third with a 400 DL. Teddy Finland pulled 655 to win the masters 40-49 division. James Searcy slightly tore his bicep with his opener of 710. Powercurl- This event is getting very popular in the WNPF. Many lifters are trying this event and doing very well at it. Ms. Eblin won her class with a 65 pound WR. Ms. Clifford won her class with a 60 lb. WR. Dina Curtin had the highest curl by any woman with a 90 lb. WR and she won best lifter. Ms. Huffwon the masters 40-49165 with a WR 65. Barbara Roby won her class with a WR 70 lb. curl. Tony Slagus from P.A. won the 17-19 powercurl with a new WR 105. Ed Schemine won best lifter, first place and set a new WR with 140. Flavio Dana beat out Sannicandro with a 150 WR curl. Ron also set a WR curl in the masters 40-49 181 with a 120 curl. Frank Sumner, Charlie Williams and Ron Secchiutti won their class and all set new WR's in their classes. Getsinger beat out Marshall of Canada. Evandro beat out USA's Len Szymanski with a 180 curl. Steve Cage set a WR with a 150 curl. Larry Bizzell from NC won both the masters and open division with the highest curl in the entire contest with 190. Mr. Slagus won the masters 40-49 division with a 175 WR curl and the Russian Jmukhadze won the SHW open with a WR 195 pounds. I want to thank all of the WNPF staff for their help with this meet. All spotters, judges, scorekeepers, door help, everyone. We had the powerlifting going on, the strongman championships on Sunday and the WNPF annual banquet on Saturday. It was a long but very exciting weekend. It will be back in NJ in August 6-7-8 for the 13th WNPF World Championships. Make sure you qualify to lift in 2004. Take care and thanks to all of the lifters and spectators for supporting us and thanks to Ron Deamicis for running session one powerlifting all three days. (Thanks to Troy Ford for the meet results.)



Jon Rock (l) and Amanda Neidlinger (r) at the W.N.P.F. World meet in Edison, New Jersey. Rock took first in the men's 181 lb. open raw division and was awarded best male lifter. He now holds the American and World records in the squat, DL, and total. Neidlinger took first place in the women's 123 lb. open raw weight class and received the award for best female lifter. She broke the American and World records in the squat, BP, DL, and total. (Photograph Jon Rock)

**APA Southern / Battle of the Bad
27 FEB 03 - Vicksburg, MI**

Bench Press	Frank Nichols	540m
Women's Open	Demetrias Hill	308 lb.
198 lb.	Christi Smith	235a
Teen (13-15)	David Guthrie	220 lb.
220 lb.	Trent Smith	335w
Teen (16-17)	Open	181 lb.
181 lb.	Evan Branham	385m
Evan Branham	385m	242 lb.
Teen (18-19)	Dustin Yates	515m
181 lb.	515m	Deadlift
Michael Israel	370a	Teen (16-17)
Junior (20-23)	242 lb.	J. Williams
242 lb.	Dustin Yates	515a
Dustin Yates	515a	405ar
Drug-Free	165 lb.	Drug-Free
165 lb.	Jack Shelton	350
Jack Shelton	350	181 lb.
242 lb.	Buck Hitcher	290
Buck Hitcher	290	480
275 lb.	Teen (16-17)	SQ
132 lb.	132 lb.	BP
J. Williams	355w	165
Teen (18-19)	405w	925w
165 lb.		
Randall Saxton	550m	270m
242 lb.	585m	1405
Jamime Blok	390m	300m
220 lb.	425m	1115
Master I (40-49)	220 lb.	
Bob Campbell	500a	300a
148 lb.	450ar	1250a
Master II (50-59)	308 lb.	
Deonta Selvy	615t	320
148 lb.	550	1480
Rich Blaumuller	210m	170m
220 lb.	245m	625m
Drug-Free	132 lb.	
132 lb.	J. Williams	355
J. Williams	355	165
181 lb.	405	925
J. Williams	—	—
Novice/Drug-Free	242 lb.	
242 lb.	Buck Hitcher	425
Buck Hitcher	425	290
	440	1155



Travis Werner (l) won best lifter honors totaling 1825 in the 242 class and teenager, **Randy Saxton (r)**, totaled 1405 @ 161 bodyweight at the APA Southern States Battle of the Bad in Vicksburg, Mississippi. (APA)

Drug-Free	308 lb.	
308 lb.	Deonta Selvy	615t
Men's Open	220 lb.	
220 lb.	Jason Morson	625m
Jason Morson	625m	420
242 lb.	585m	1630
242 lb.	Travis Werner	725l
Travis Werner	725l	500
Open	Jason Smith	550m
Open	550m	455
630m	1825l	1635
630m	1635	
Push/Pull	Master I (40-49)	181 lb.
Master I (40-49)	181 lb.	

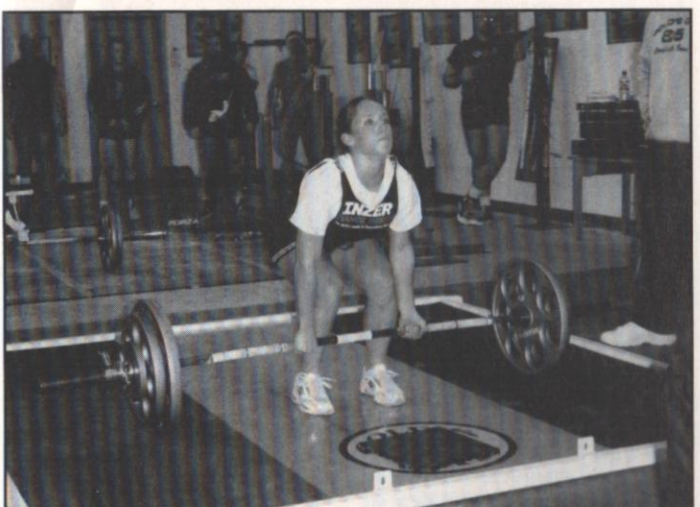
J. Williams	225	480a	705
Master II (50-59)	275 lb.		
275 lb.	James Lauro	260m	
James Lauro	260m	425m	
Drug-Free	181 lb.		
181 lb.	James Patrick Williams	250	
James Patrick Williams	250	480	
Open	242 lb.		
Open	242 lb.	630m	
630m	1085		
1085	Jason Smith	455	
Jason Smith	455	630m	
275 lb.	275 lb.		
275 lb.	James Lauro	260	
James Lauro	260	425	
425	685		

NOTES: t: Teenage World Record; m: Mississippi Record; l: Louisiana Record; a: American Record; w: World Record; Best Lifter - Powerlifting: Travis Werner, Best Lifter - Push/Pull: Jason Smith. (Thanks to Scott Taylor for providing these results.)

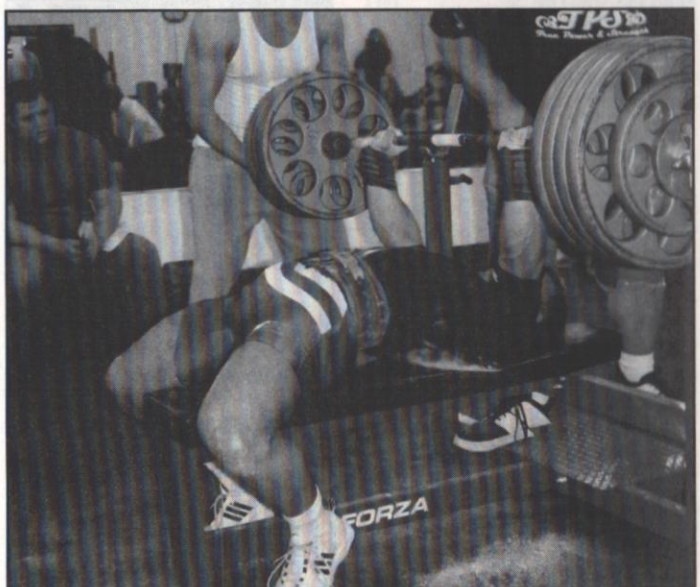
**APA Battle of the Bad Boyz BP/DL
17 JAN 04 - Georgetown, SC**

BENCH	Phil Horn	232
Women	Open 242	
Dawn Mosley	125	Jon Peterson
125	575	
Teen 13-15	Open 242	
Joel Vause	215	Kent Killough
215	450	
Teen 16-17	Open 275	
Burton Williams	175	Eric Hubbs
175	420	
Junior 20-23	Open 275	
Eric Knight	350	Corey Williams
350	410	
Submaster	Open 308	
Jon Peterson	575	Benji Filyan
575	540	
Submaster	Open 308	
D. Scarborough	350	Eric Knight
350	350	
Master 40-49	Open Super	
Phil Horn	420	Jerry Tancil
420	525	
Master 40-49	DEADLIFT	
Eric Hubbs	405	Open 242
405		(Best Lifter)
Master 40-49	Stewart Hines	385
385	605	
Master 40-49	Open SHW	
Stewart Hines	325	Don Graham
325	550	
Master 50-59	40-49	
Jerry Tancil	525*	Stewart Hines
525*	570	
Master 50-59	40-49	
D. Ricafrente	405	Rubin McKnight
405	475	
Master 50-59	40-49	
Del Conway	300	Denny Hess
300	375	
Master 50-59	60-69	
Butch Kocak	245	Jack Powell
245	530	
Open 165	Jon Mouzon	405
405		
Open 165	J. McElveen	300
300		
Open 198	Patrick Burd	365
365		
Open 220		
Open 220		

(Thanks to APA for these meet results.)



Lindsay Albertsen (l) prepares to pull, **Chad Crigger (r)** totaled 1775 @ 225.75, and **Jared Beard (below)** totaled 1555 in the 198 class at the APA Midwestern States Open Championships held November 22, 2003 in Coralville, Iowa. (Thanks to APA for these photographs.)



Horton	175	160	225	560
148				
Adams	315	300	400	1015
Carter	275	245	445	965
165				
Jenkins	400	365	420	1185
Hood	365	325	445	1135
Salgado	405	275	405	1085
Romen	350	295	350	995
Mendoza	180	275	350	805
181				
Brown	600	300	600	1500
Thomas	455	315	580	1350
Signe	400	385	495	1280
Tanzey	475	340	450	1265
Gonzalez	315	305	315	935
Booth	170	185	275	630
198				
Thomas	600	400	600	1600
Ward	475	375	540	1390
Taylor	425	405	525	1355
Scott	440	335	540	1315
Edmonson	405	350	500	1255
Wilber	455	295	500	1250
Cozad	400	275	450	1125
220				
Hunt	600	425	550	1575
Robinson	520	440	550	1510
Haywood	410	375	415	1200
275				
L. Pace	705	380	635	1720
Williams	575	425	650	1650
SHW				
Norris	550	515	600	1665

suit is Mr. Brown, Strong and precise squatting made me think of maybe 700? But the bench proved to be a bear of a hurdle as it took three attempts to bring in the bacon, but this guy has a never quit attitude and a big heart and after a nice 600 pull and sultry try a 620 the day was over and first place was his with room for bigger numbers soon. Thomas, Signe, and Tanzy placed in that order in what was yet another close battle of future stars in this sport, so I hope to see them soon and %100 in our next outing. 198 What can I say about Mr. Thomas, spirited, enthusiastic and a calculated burst of brute power. His 600 squat and 600 deadlift were easy as well as a super nice 400 bench, I can't wait to see what this man can do with any kind of a suit on. Ward, Taylor, and Scott, well let me put it this way, you would have to see it to believe how competitive they all are as a whole, smart and situated in each attempt for places made it fun to watch. 220 Hunt and Robinson was in contention throughout the day but the Rock put up some very balanced lifting to come out on top and didn't even have a good day deadlifting. But never the less Robinson with the most explosive bench I have seen in some years was very impressive, I look forward to seeing this two guys get together again the next time. 275 Pace, up a weight class from last year looked big and ready for the part, his opener on the squat was effortless, however a 2nd attempt @ 675 was a little shallow but being the veteran that he is he came out on fire to set the record straight with an even easier and deeper 705, with no suit mind you. Williams, also on the varsity team came back to full competing in fine style with some nice balanced lifts of his own, out lifting Pace on the bench and closing the gap some it was up to the deadlift as both men are excellent pullers, big Pace comes out on top this day with huge squatting and even bigger drive. I look for Williams to pick up the Pace (no pun intended) next timeout. SHW The lone entrant in this class was just awesome, big Norris made it look easy not even busting a sweat, his 550 squat and 600 deadlift are not even limit lifts and then what can you say about his benching, he made 515 look like 225, he just moves the bar fast and out of the way. This man clearly has 700s in him as well as 600 on the bench with any kind of equipment. Congratulations to all the lifters for a fine meet and for a lot of sportsmanship. I would like to thank LTS Groppi, side judge, Robert Bethel, side judge, and especially LTS Greg Watson, head judge and announcer for running a well, class meet, to all the loaders and spotters thanks for making it safe and worth all the effort, to the score tables personal thank you for all the support and well as the floor crew who did a fine job, see you next time at our annual postal meet, have a safe year. (Thanks to Robert Bethel for these results)

**APA Midwestern States Open
22 NOV 03 - Coralville, IA**

Women	SQ	BP	DL	TOT
123				
K. Stoner		125		
132				
L. Albertsen	120	225	345	
148				
C. Dirks	155	105	250	510
Teen				
C. Dirks	155	105	250	510
Men				
148				
A. Kilgore	330	250	380	960
165				
M. Bartles				
181				
J. Becker			570	
198				
J. Beard	600	470	485	1555
T. Crigger	550	385	600	1535
C. Herbert	575	370	525	1470
E. Nygaard	475	360	550	1385
M. Kuennen				
R. Pippo		325		
M. Kuennen		315	540	855
220				
S. Skala	525	350	525	1400
B. Cucci	525	340	525	1390
N. Johnson				
N. Johnson		365	555	920
242				
C. Crigger	725	450	600	1775
275				
D. Marbes		500		
Best Lifter: Powerlifting - Chad Crigger,				

Push/Pull - Norm Johnson, Deadlift - Jacob Becker, Bench Press - Robert Pippo. Referees: Don Peterson, Mr. and Mrs. Dede Shaw, Scott Taylor. Meet Site: Gold's Gym, Oakdale Blvd. Equipment: Ivanko plates, Forza racks, Forza competition benches for warmup and platform, Forza lifting platform, Forza deadlift helper. Special thanks to Brian Allen for hosting this event. The meet site was fantastic, the group of lifters was a great group of people, lots of great spectator support, judging was excellent - strict, but fair, and the spotters were among the best I have ever seen at a powerlifting event. I would especially like to thank Big Bubba for serving as center spotter. There is nothing better than having a powerful 400 pound lifter as center spotter. The Shaws and Don Peterson were fantastic referees. I would also like to thank Chad Crigger for making this event possible and for doing a great job with setting up the lifting and spectator area. Without Chad's help this event would not have been as good. The APA will be returning to Coralville soon. We are also scheduling events for 2004 in Ottumwa, Ottowa, and Burlington, Iowa. Stay tuned as events are posted. 2004 will be a great year for powerlifting in Iowa. (S. Taylor, APA President)

**Danville Power Classic 2
09 FEB 04 - Danville, IL**
Powerlifting SQ BP DL TOT
114

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A.A.U. World Bench Press DL/PP Championships
6-7 DEC 03 - Laughlin, NV.

WOMEN PUSH/PULL	RM 45-49	RM 50-54	RM 55-59
97	MARK SCHULTZ 0	0	
RY 10-11	RM 50-54		
CARLY WINGERT 27.5	GARY LANDESS 77.5	105	
105	JIM SELBY 52.5	105	
OPEN	RT 14-15		
C. DE LA FUENTE 42.5	A. WESTPHALL 75	132.5	
114	VINCENT FULTZ 57.5	105	
LIFE	RT 18-19		
ROBIN HEDRICK 52.5	J. CRAWFORD 92.5	157.5	
R OPEN	148		
N. MC NAMARA 47.5	LM 45-49		
123	TERRY HEDRICK 125	217.5	
LIFE	OPEN		
TEALE MAGIEREK 95	CASEY BROWN 145	242.5	
132	RHS 16-17		
LM 45-49	J. BOYDEN 90	142.5	
TERI ISHIMATSU 60	JERRY URIBE 87.5	135	
M 40-44	RHS 18-19		
HEATHER HUGHES 67.5	I. RODRIGUEZ 115	137.5	
RJR	RLM 50-54		
CAROLYN PIATEK 57.5	MAC SCOTT 85	140	
R LIFE	RLM 55-59		
MARCIE BRUDERS 42.5	GREGG WELSH 82.5	120	
R SUB	RLM 65-69		
LAURA ANDERSON 52.5	JAMES MATHEWS 90	167.5	
198	RM 45-49		
R SUB	JIM GARCIA 0	0	
ROLANDA DIXON 90	RM 55-59		
148	GREGG WELSH 82.5	120	
LIFE	RT 16-17		
G. ASHTON 97.5	J. BOYDEN 90	142.5	
LM 40-44	RT 14-15		
G. ASHTON 97.5	TERRY HLADKY 0	0	
M 40-44	RT 18-19		
G. ASHTON 97.5	STERLING GREEN 115	142.5	
MARY HETZEL 92.5	JOHNNY HOYT 97.5	150	
M 45-49	T 14-15		
DEBBIE HEALD 40	RICKEY LEE CRAIN 67.5	140	
OPEN	T 18-19		
G. ASHTON 97.5	H. PAL SINGH 0	0	
LIDIA SANDOVAL 42.5	165		
KIMBERLY WALFORD	OPEN		
R LIFE	ROBERT ACUNA 0	0	
DEBBIE SELBY 37.5	R OPEN		
R OPEN	JACOB HAMMER 117.5	185	
AMIE GOSS 57.5	R SUB		
95	SHAWN WINGERT 122.5	187.5	
RLM 55-59	RHS 14-15		
LYNN NAFTEL 40	JACOB SMITH 75	142.5	
RM 40-44	RHS 16-17		
M. HAVATONE 45	MATHEW SROUFE 100	172.5	
105	ALEX CASTANEDA 77.5	165	
RLM 55-59	JON BAILEY 75	152.5	
LYNN NAFTEL 40	RLM 65-69		
165	MIKE STAINBROOK 95	112.5	
R LIFE	RM 60-64		
S. THOMPSON 67.5	TOM KRUSIC 85	162.5	
92.5	RM 65-69		
S. THOMPSON 67.5	MIKE STAINBROOK 95	112.5	
RM 40-44	RT 16-17		
S. THOMPSON 67.5	TERRY BLAKEMORE 0	0	
92.5	T 16-17		
S. COLLINS 57.5	M. MUSCHECK 117.5	220	
181	181		
RT 14-15	LIFE		
M. OHALLORAN 57.5	MIKE CIUPINSKI 192.5	212.5	
85	LM 40-44		
M 50-54	BRET BOYER 177.5	255	
A. MC TIEGH 90	LM 50-54		
100	STEVEN KYLIS 147.5	220	
OPEN	M 40-44		
S. GIBSON 102.5	BRET BOYER 177.5	255	
R LIFE	M 50-54		
DIANA VIGARIO 80	STEVEN KYLIS 147.5	220	
155	RT 14-15		
SHW	M. OHALLORAN 57.5	85	
RM 45-49	M 50-54		
VALERIE CROWELL 0	RICHARD SIMON 120	137.5	
0	OPEN		
MEN PUSH/PULL	JAVIER SOSTRES 140	225	
132	R MIL/LAW		
OPEN	ROY MITCHEL 85	152.5	
JORGE ORTEGA 85	RHS 16-17		
195	RHS 85-89		
RHS 16-17	S. MONTROSE 60	95	
GABRIEL GUZMAN 77.5	RM 50-54		
155	BRAD WEBER 157.5	237.5	
RHS 16-17	RM 60-64		
JOSH MARROQUIN 82.5	ALEX MARTINEZ 82.5	137.5	
142.5	ERIC FERNANDEZ 0	0	
137.5	FRANK YBARRA 0	0	
0	RLM 50-54		
0	GARY LANDESS 77.5	105	
0	RM 75-79		
0	JIM SELBY 52.5	105	



Some of the 500+ benchers at the 2003 A.A.U. World Bench Press, Deadlift and Pushpull Championships... (l-r) Justin Ronsbottom, Lyle Kamaka, Scott Hoekstra, Carlos Sidel, Art Jones, and Colin Rhodes.

198	198	198
LIFE	JASON GOLEC 175	250
JASON GOLEC 175	LM 55-59	
250	TIM FITZGIBBON 120	197.5
250	M 40-44	
250	DOUG HARNEY 162.5	255
250	MIKE KIDD 0	0
250	M 55-59	
250	TIM FITZGIBBON 120	197.5
250	M 60-64	
250	JERRY HOMER 162.5	170
250	MIL/LAW	
250	MIKE KIDD 0	0
250	OPEN	
250	O. AGUIRRE 192.5	300
250	DOUG HARNEY 162.5	255
250	DIOMAR CASTILLO 0	0
250	MIKE KIDD 0	0
250	R LIFE	
250	DAN DAVIS 182.5	205
250	R MIL/LAW	
250	WAYNE LUCIA 120	170
250	R OPEN	
250	KEITH MANNIES 145	227.5
250	BILL CAMPBELL 100	200
250	RHS 16-17	
250	B. DE LA ROSA 125	217.5
250	RHS 18-19	
250	RYAN SANDERS 102.5	177.5
250	RLM 40-44	
250	JOHN MISORSKI 150	190
250	LM 45-49	
250	WALT SWORD 142.5	227.5
250	RM 40-44	
250	JOHN MISORSKI 150	190
250	HENRY FULTZ 0	0
250	RM 50-54	
250	DAN DAVIS 182.5	205
250	RM 55-59	
250	TOM SMITH 120	247.5
250	DANIEL CRESCI 137.5	195
250	RT 16-17	
250	B. DE LA ROSA 125	217.5
250	220	
250	JUNIOR	
250	JESSE REIMER 192.5	265
250	LIFE	
250	JON MARSHALL 0	0
250	LM 45-49	
250	NORM JUDD 197.5	237.5
250	LM 50-54	
250	NORM LAMBERT 162.5	250
250	M 40-44	
250	BILL STILES 122.5	210
250	M 45-49	
250	NORM JUDD 197.5	237.5
250	M 50-54	
250	NORM LAMBERT 162.5	250
250	M 70-74	
250	WILLIAM LEEDY 117.5	220
250	MIL/LAW	
250	BILL STILES 122.5	220
250	R OPEN	
250	GARY GOSS 137.5	205
250	RHS 18-19	
250	JUAN SANCHEZ 107.5	192.5
250	RLM 40-44	
250	RANDY CHEATAM 157.5	200
250	M. BRUDERS 137.5	192.5
250	RLM 55-59	
250	MARTIN VOGT 105	172.5
250	RM 40-44	
250	RANDY CHEATAM 157.9	200
250	M. BRUDERS 137.5	192.5



Ronaldo Paredes of Mexico, aged 4, participating in the AAU Worlds (Photograph by M. Drake)

RT 14-15	TRAVIS WHITING 62.5	135
242	DISABLED	
102.5	MICHAEL BROWN 62.5	102.5
102.5	LM 40-44	
102.5	BOBBY WILSON 192.5	272.5
102.5	LM 50-54	
102.5	GARY CLOCK 182.5	255
102.5	M 40-44	
102.5	BOBBY WILSON 192.5	272.5
102.5	M 50-54	
102.5	GARY CLOCK 182.5	255
102.5	MIL/LAW	
102.5	AL FRITZ 227.5	287.5
102.5	OPEN	
102.5	AL FRITZ 227.5	287.5
102.5	BOBBY WILSON 192.5	272.5
102.5	VISHAL SHARMA 0	0
102.5	R MIL/LAW	
102.5	R. WILLIAMS 132.5	195
102.5	RAMON FIGUEROA 155	
102.5	R OPEN	
102.5	SHAD HALBERT 0	0
102.5	RM 50-54	
102.5	MARK HEIKKILA 122.5	190
102.5	RLM 55-59	
102.5	GENE ABERNATHY 152.5	232.5
102.5	M 40-44	
102.5	NEIL EDDINS 167.5	280
102.5	THOMAS SCHALE 170	277.5
102.5	ROB WHITLOCK 110	165
102.5	MOTHILAL JAYATHIALAKA 0	0
102.5	ASHLEY SOUTHALL 0	0
102.5	RM 45-49	
102.5	RODNEY BILLS 0	0
102.5	SUB	
102.5	AL FRITZ 227.5	287.5
102.5	MUHAMMAD RASHAD 275	
102.5	LIFE	
102.5	J. RANSBOTTOM 227.5	327.5
102.5	LM 50-54	
102.5	C. MILLIGAN 160	240
102.5	LM 60-64	

JACK POWELL 157.5	232.5	LM 50-54	4TH	145	R LIFE	C. BONNEAU	Z. FIGUEROA 47.5	RM 60-64	C. ACOSTA 180
M 60-64		R. DEMENICK 165	M 40-44		S. WOLD 152.5	M 50-54	132	RT 16-17	PRMCHNKL 185
JACK POWELL 157.5	232.5	4th	BILL WEISS 142.5		R MIL/LAW	C. MILLIGAN 160	RM 75-79	110	198
OPEN		M 45-49	M 50-54		C. DODSON 185	M 55-59	JIM SELBY 105		
J. RANSBOTTOM 227.5	327.5	SANTARONE 187.5	DAN DAVIS 182.5		K. BROWN 170	C. BONNEAU	4th		
ROBERT SPENO 212.5	265	M 50-54	4TH	184	R SUB	M 65-69	148		
RJR		R. DEMENICK 165	HERB HEALD 110		J. MC INTYRE 187.5	R OPEN	ATA EDRALIN 172.5		
R. MUSCARELLA 155	205	4th	167.5		C. DODSON 185	OPEN	RT 14-15		
R OPEN		M 60-64	JERRY HOMER 162.5		RLM 40-44	C. RHODES 270	BRIAN JONES 125		
DILLON JENKINS 170	245	L. CARDON 155	OPEN		RM 45-49	S. HOEKSTRA 265	165		
RHS 14-15		OPEN	O. AGUIRRE 192.5		ED BERTEAUX 162.5	S. GONZALES 180	LIFE		
MICHAEL BALDRIDGE 0		.RICHMOND 190	M. DRAKE 155		R MIL/LAW	CUDDEBACK 195	BILL CROFT 262.5		
RLM 45-49		R LIFE	BILL WEISS 142.5		RLM 55-59	R OPEN	4th		
ROGER MORTON 145	222.5	R. STAINBROOK 95	MIKE KIDD		JOHN KUCHAR 177.5	J. FAHRENBRUCH	LM 40-44		
RLM 50-54		R. WATTS	RJR		RLM 65-69	EARL EVETT 122.5	BILL CROFT 262.5		
JIM WAGNER 150	230	R MIL/LAW	B. BRANNING 172.5		EARL EVETT 123	E. ESTRADA 122.5	4th		
RT 18-19		R. WATTS	R LIFE		RM 55-59	RM 45-49	LM 55-59		
DILLON JENKINS 170	245	R OPEN	J. MISORSKI 150		JOHN KUCHAR 177.5	R. BRANNING 195	WEINSTOCK 217.5		
SUB		.STAINBROOK 95	R MIL/LAW		RM 65-69	RM 50-54	LM 60-64		
S. GONZALES 180	225	R SUB	SAM ARASE 185		EARL EVETT 122.5	JEFF FAHRENBRUCH	MONTGOMERY 215		
T 18-19		S. WINGERT 122.5	R OPEN		242	RM 65-69	M 40-44		
RANSILU JAYATHIALAKA 0		RLM 65-69	M. DRAKE 137.5		LIFE	D. HERRERA 165	BILL CROFT 262.5		
319		.STAINBROOK 95	BILL WEISS 122.5		JOE DENTICE 175	RT 18-19	4th		
OPEN		RM 60-64	RLM 40-44		LM 45-49	D. JENKINS 170	M 60-64		
SALVADOR RAMIREZ 0		TOM KRUSIC 85	J. MISORSKI 150		JOE DENTICE 175	SUB	MONTGOMERY 215		
R OPEN		RM 65-69	RLM 45-49		LM 65-69	S. GONZALES 180	OPEN		
B. PHILLIPS 197.5	292.5	.STAINBROOK 95	SAM ARASE 185		MO RAU 127.5	SUBMASTERS	BILL CROFT 262.5		
R SUB		RT 18-19	RLM 50-54		M 45-49	S. HOEKSTRA 265	4th		
GREG PAYNE 207.5	312.5	.WEINSTOCK 77.5	DAN DAVIS 182.5		M. STUMBO 197.5	319	R OPEN		
SUB		RY 12-13	4TH	184	JOE DENTICE 175	LM 45-49	HIGGINBOTHOM		
MIKE ADELMAN 250	292.5	MATHEWS JR 120	RM 40-44		MIL/LAW	LYLE KAMAKA 222.5</			

TROY FRYAR	320	OPEN	
RLM 50-54		WESTERHLD	292.5
M. HEIKKILA	190	RJR	
RM 45-49		B. LANOUE	280
R. SUSSMAN	187.5	4th	290
P. DROWN	60	R OPEN	
LM 50-54		B. LANOUE	280
ALAN NICOL	240	4th	290
LM 55-59		RLM 50-54	
MIKE FRYAR	255	ALAN NICOL	240
M 50-54		RM 65-69	
C. MILLIGAN	240	D. HERRERA	210
M 55-59		RT 18-19	
MIKE FRYAR	255	D. JENKINS	245
MIL/LAW		4th	255
MIKE FRYAR	255		

What happens when over 250 of the World's Finest Drug Free Powerlifters converge on a perfect vacation oasis? Lots of fun, camaraderie and some very fierce friendly competition. This perfectly describes the 2003 A.A.U. World Bench Press, Deadlift and Pushpull Championships held December 6-7 in Laughlin, Nevada. Venue: Once again the beautiful River Palms Hotel Resort Casino was the perfect setting to bring together this fine group of extraordinary human beings and incredibly strong athletes. The event was held in the 14,000 square Special Events Center adjacent to the hotel on overlooking the majestic Colorado River only a few steps away. The hotel offered incredible guest rooms, fine dining, gaming, health spa and Las Vegas style entertainment. Laughlin is located just one hour south of Las Vegas and offers over a dozen major casinos, boating, fishing, golf and sight seeing. Many of the lifters took time to tour the Grand Canyon and or Lake Havasu. NASA and AAU lifters pave the way: With so much turmoil and dissonance in the sport today, it was rewarding to see a wonderful collaborative effort between two outstanding organizations such as the AAU and NASA. Along with National Teams from Mexico, Canada, Finland and Great Britain, the USA was represented by National Teams from traditional AAU members and NASA members. The huge stage was adorned with banners from both the AAU and NASA as well as flags from the 26 countries who have competed in AAU World and International Powerlifting events. NASA President Rich Peters should be congratulated for his courage and pioneering vision to send 4 complete teams for this event. Support from other organizations: It is also important to note that a number of top USAPL lifters have competed with us over the years with extraordinary success. IPF Team Members such as Collin Rhodes, Leonard McCormick, Dennis Cieri, Lance Slaughter, Hung Pham, Larry Miller and Ralph Young have each rewritten numerous AAU records over the years. Many of our foreign lifters are regular IPF members and in many cases are IPF leaders within their own country. Each year we are receiving more cooperation from organizations such as the USAPL, IPF, USPF and CPU. THANKS !!! A.A.U. North American Powerlifting Hall of Fame: Each year we select one or two outstanding recipients to gain entrance into the A.A.U. North American Powerlifting Hall of Fame. This year's inductees are: Gordon Santee: Not only is Gordon the consummate professional in his duties as an International Referee, but a multi-World Champion Lifter as well. It is hard to find an individual who is willing to give of his time and expertise to any and all powerlifting organizations. Rich Peters: Rich can trace his powerlifting roots back to the original AAU Powerlifting days. As the Founder and President of NASA, Rich showed remarkable courage in accepting an invitation to compete in the 2003 AAU Worlds. In so doing he took a giant leap towards cooperation amongst Drug Free Powerlifting Organizations and is expected to help us shape the future of additional collaborative efforts. Gretchen Buerki: Gretchen is not only a fine official, but a National Champion lifter as well. Her dedication to the sport is matched by few and exceeded by none. Sponsors/Vendors: Craine's Muscle World: Once again

NEW PRODUCT



Make Weight with New Water Release Pill from MHP!

Cedar Grove, NJ, March 31, 2004 — MHP has just brought to market a new dietary supplement, XPEL, that according to the company, "can help powerlifters shed water weight so they can make their desired weight class for meets, without compromising muscle power!"

XPEL's patent pending Xeritone-PSD™herbal diuretic blend uses proven fluid-reducing herbs to dramatically reduce water retention, while its electrolyte blend helps you maintain a normal body fluid balance in your muscles. More powerful than the typical "water loss pill", you can get results in as fast as 12 hours!"

XPEL contains precise and ample amounts of water reducing ingredients that go to work on the water around your muscle cells. Unlike other water loss products, XPEL does not draw water from inside the cell, which can compromise muscle strength. With XPEL, you'll show up to your meet, rock solid and ready to go.

MHP is a provider of scientifically formulated sports nutrition supplements and is based in Cedar Grove, New Jersey. To learn more about MHP and its products, please call 1-888-783-8844 or visit <http://www.maxperformance.com>

Rick and his family were on hand to support this exciting event. As always Crain's was the official videographer and generously provided gift certificates for the Best Lifters. CSS PhotoDesign: CSS were the official photographers and provided many outstanding and creative products utilizing the athletes lifting photos. Some of the photos and collages accompanying this article are the work of CSS. Mirror Image Sports Wear: Once again Victor Hill produced a top quality meet T-shirt for the event. Powerlifting Video Magazine and Powerlifting USA: A special thanks to Ned Loh who was present to capture the event for his column, video series and as a representative of PLUSA Michelle's Jewelry: Michelle Weiss was on hand to display her fantastic powerlifting jewelry. Her work is truly beautiful and unique. Referees: Once again we were blessed with the finest team officials to be found anywhere. International AAU, NASA and or IPF officials included: Don Haley, Fran Haley, Bill De Porter, Rick Crain, Bo Casto, Joe Dentice, Rich Peters, Bill Ennis, Martin Drake, Gretchen Buerki and Bill Weiss. National and State

Officials: Karen Fultz, Dan Smith and Victor Hill. I apologize if I forgot anyone. Spotting and Loading: Once again the athletes from Kingman High School (Kingman Arizona) did a superlative job spotting and loading for two long days. It was once again our pleasure to make a \$1,000 donation to their weight lifting program. Announcing and Scoring: A number of people contributed mightily to the efficient flow of the meet. Tom Miller was the principal MC and was supported by Rick Crain and Martin Drake. Kevin Westerhold and his training partner alternated between platform management and computer duties, while Mr. and Mrs. Weiss (Bulls wonderful parents) did a terrific job working the cards. The incomparable Collin Bonneau: Collin is not only a great Multi-World Champion lifter (from Canada), but is also a fine musical talent. Collin opened each session with a rousing rendition of the Stars Spangle Banner on his trumpet and delighted the audience with his play during the flight changes. Collin's demeanor stayed wonderful and upbeat despite a rare bomb in the bench Magician Brett Boyer: Another crowd

pleaser was fast paced magic act of NASA lifter Brett Boyer. A special thanks to this fine talented gentleman. Foreign Participation: Due to some scheduling conflicts and the cost of travel, the foreign lifters had to make choices between the October AAU world Powerlifting Championships and the AAU World Bench, Deadlift and Pushpull in December. Between the two events we had significant participation from Canada, Great Britain, Mexico, Puerto Rico, Finland, Turkmenistan and the Netherlands. Team Slovakia, a regular AAU participant; was unable to attend as they were hosting the IPF World Bench the same weekend. Sri Lanka, Uganda and India were not able to obtain visas in time. However Team Canada and Team Mexico were loaded with great talent. The lifting itself: Lifters from Canada, Mexico, Netherlands, Great Britain and Finland joined in friendly combat with lifters from thirty one US states. It was also wonderful to see a great turnout of ladies and youth lifters. With such a large turnout, it will be space prohibitive to list all of the lifters accomplishments. I will however highlight a few exciting moments and have listed below all of the Best Lifter recipients and Team Awards. 14 LARGE flights of benching took place over the two days. In flight 14, four lifters all took shots at 600 plus. Carlos Sidel (319 Master) (NASA) gave 601 a great try after hitting a solid 573. Scott Hoekstra (275 Submaster) (AAU/Natural Power) also gave 601 a good try before finishing at 584. Art "Superman Jones" (AAU/Natural Power) a monster 564 RAW in the 242 class and nearly made history with a raw drug free 601 at 242. Colin "Pooh Bear" Rhodes (USAPL/AAU/Natural Power) had the big bench of the day. Lifting as a light 275 he hit a terrific 595 and nearly locked out 617. Awards: The AAU commissioned special 4" medals and display boxes/ The traditional Gold, Silver and Bronze wear awarded for the top three placings. Copper Medals were awarded fourth through tenth. Drug Testing: Once again the Center for Drug Free Sports was on hand to do all of the third party drug testing. I am happy to report that we had no failures in 2003. Team Standings (Countries and Organizations) Men's PushPull Team AAU (Co-Champions), Team NASA (Co-Champions), Team Mexico 3rd, Team Canada 4th, Team Great Britain 5th, Team Finland 6th; Women's Pushpull: Team AAU 1st, Team NASA 2nd, Team Mexico 3rd; Combined Bench: Team AAU (Co-Champions), Team NASA (Co-Champions), Team Mexico 3rd, Team Canada 4th, Team Standings (USA teams) Combined Pushpull: Natural Power (Co-Champion), Heavy Metal (Co-Champion), One on One 3rd, Combined Bench, Natural Power (Co-Champion), Heavy Metal 2nd, One on One 3rd; Military: US Coast Guard; High School: Oceanside High School; Best Lifter Awards: Best Lifter Women's Bench Teal Magierek (NASA), Best Lifter Women's Deadlift Stephanie Gibson (NASA), Best Lifter Women's Masters Pushpull Marjorie Grimes (AAU/Heavy Metal), Best Lifter Women's Pushpull Teal Magierek (NASA), Best Lifter Men's Open Bench Collin Rhodes (AAU/Natural Power), Best Lifter Men's Raw Open Bench Art Jones (AAU/Natural Power), Best Lifter Men's Masters/Lifetime Masters Bench John McIntyre (NASA), Best Lifter Men's Raw Masters Bench Danny Herrera (AAU/Natural Power), Best Lifter Men's Open Deadlift Bill Croft (AAU/Natural Power), Best Lifter Men's Raw Open Deadlift Oswaldo Aguirre (Mexico), Best Lifter Men's Masters Masters Deadlift Martin Montgomery (AAU), Best Lifter Men's Raw Masters Deadlift Bill Ennis (AAU/Natural Power), Best Lifter Men's Open Pushpull Oswaldo Aguirre (Mexico), Best Lifter Men's Raw Open Pushpull Gregg Payne (AAU/Natural Power), Best Lifter Men's Masters Pushpull William Leedy (AAU), Best Lifter Men's Raw Masters Pushpull Brad Weber (NASA), Best Lifter Youth/Teen/Junior Brian Lanou (AAU), Best Lifter Military/Law Enforcement Adam Chamie (USCG). (Thanks to M. Drake for results)



(l-r) Kirby Gank, Robert Gormus, John Maggert, William Murray... with some of their Awards at the APA American Championships.(APA)

APA American Championships				
25 OCT 03 - Bristol, VA				
Women	SQ	BP	DL	TOT
132 Master				
K. Taillon	270	155	280	705
148 Master				
Patty Morris	225	135	280	650
165 Drug Tested				
Kris Johnson	275	140	345	760
Men				
165				
Teen 13-15				
Luke Richards		205		
40-49				
Jack Moore	380	250	410	1040
Open				
Joseph Collins	365			
Wesley Lilley	225	450		
181				
Drug Tested				
G. Sesler	540	305	505	1330
Mike Bell		305		
198				
Drug Tested				
Wes Sesler	475	300	510	1285
Darin Hull		475		
220				
Open				
Mark Taschuk710				
Drug Tested				
Wm. Murray	545			
R. Musselman	430			
Junior				
Mark Taschuk710				
Submaster				
Dan Levesque				
Wm. Murray	545			
Dan Levesque	425			
242				
Drug Tested				
John Maggert	655	440	550	1645
Open				
Adam Read	575			
Ox Mason	530			
Drug Tested				
Neil Miller	455			
T. Henderson				
Junior				
Neil Miller	455			
Submaster				
John Maggert	655	440	550	1645
Dan Asher	430			
Scott Clark		500		
40-49				
Tony Capps	435			
50-59				
B. Gunn	505			
60-69				
C. Summers	285			
275				
Junior				
Brett Hall	360			
Submaster				
Rusty Slate	525	395	540	1460
4th		550		
308				
Kirby Gank	630			
Junior				
Josh Shortt	425			
Drug Tested				
Walt Ferguson		350		
4th				
40-49				

APA American Championships				
25 OCT 03 - Bristol, VA				
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220				
Open				
Mark Taschuk710				
Drug Tested				
Wm. Murray	545			
R. Musselman	430			
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308				
Kirby Gank	630			
Junior				
Josh Shortt	425			
Drug Tested				
Walt Ferguson		350		
4th				
40-49				

MSP Christmas Crossover Meet				
14 DEC 03 - Deer Lodge, MT				
	SQ	BP	DL	TOT
123 lb. Open				
Mike Gushwa	200	160	300	660
148 lb. Open				
J. Erickson	205	185	325	715
165 lb. Open				
B. Marchington	400	245	475	1120
Leland Lapiere	375	255	450	1080
P. Woofter	315	205	400	920
181 lb. Open				
Shane Mance	450	265	500	1215
Merlin Ladue	275	225	425	925
198 lb. Open				
Phillip Bailey	475	350	525	1350
G. Williams	450	370	450	1270
198 lb. Masters				
Jeff Crandall	500	290	525	1315
Mike Patterson		250	325	575
220 lb. Open				
Bill Smock	350	275	480	1105
John Middlemiss	340	350	400	1090
Rod Hasson	275	330	350	955
242 lb. Open				
Joe Stratman	315	240	500	1055
242 lb. Masters				
Farrin Galpin	365	330	425	1120
242 lb. Grand Masters (50+)				
Jack Griffin	500	465	550	1515
275 lb. Open				
Victor Nava	435	275	515	1225
James Parker	315	300	405	1020
275 lb. Masters				
Collins Laster	320	310	350	980
318 lb. Masters				
Ernest Wilcock	250	300	335	885
Bob Riley	275	240	300	815
On December 14, 2003, the Montana State Prison Inmates, in conjunction with the MSP Recreation Department, conducted the annual Christmas Crossover Power Meet, which included all eligible inmates				

from within both the high- and low-security compounds of the prison. This was a non-sanctioned meet. However, we used the USA Power Lifting (formerly ADFPA) rules and regulations. Per prison policy, inmates competing in the meet were not permitted to use supplements, bench shirts or squat suits. Therefore, by definition, this was a "raw" meet. Twenty-one inmates competed in the competition, the winners being the best in each weight class with the greatest combined total. Up-and-coming lifter Victor Nava performed very well at his first ever meet, with an impressive combined total of 1225 lbs. 43-year-old Farrin Galpin, in the 242 lb. Masters class, established all new records for his division and was the most improved, as he had great gains in all three lifts, with a total of 1120 pounds. 40-year-old Jeff Crandell, in the 198 lb. Masters class, had an awesome total of 1350 pounds, which broke all previous records for the 198 lb. Masters class. He did this with an injured shoulder! I would like to thank the staff who made this meet possible. Our sponsor, John Derzay, for his work coordinating our activities, Don Berryman in the Education Department, John Stevenson in the Recreation Department, Tom Wood - Security Major, Myron Beeson - Associate Warden, and all correctional officers in attendance. I would also like to say thanks to everyone who helped out with this event. Our spotters and helpers: Derrick Davis, Charles Rupp, Robert Sparks, Anthony Rodriguez, Pat Broderick, Ronald Goodsell, John Miller, Clifford Lamere, Kris Berger, Rodney Castro, Daniel Pappas, Frank Fulton, Luke Soriach, Terry Wade and Kevin Bretz. Judges: Mike McDougall, William Randolph, David Sanders and Chris McKeon. Other support volunteer: Kristofer Hans, cameraman, producer and editor. Special thanks to Joseph Anthony for all his work coordinating the event. (Thanks to Jack Griffin for these results)

Kennedy's Gym Christmas Meet				
13 DEC 03 - Morgantown, PA				
WEIGHTLIFTING	snatch	c & j		
85k/15				
Alex Lopuchin	60	70		
63k/16-F				
Vinessa Ferraro	32.5	42.5		
69k/16-F				
Kristen Davies	35	42.5		
69k/17				
Brian Chwiecko	55	62.5		
77k/17				
Jeremy Maurer	60	82.5		
94k/24				
Jimmy Hartman	65	85		
94k/34				
Andy Zunino	80	85		
94k/55				
John Marcinko	70	95		
weight/g				
POWERLIFTING	SQ	BP	DL	
Kids under 12				
60 lbs/7				
Bryce McDonnell	55	43	110	
64 lbs/7				
Vaughn Edwards	68	43	105	
84 lbs/9				
Connor McDonnell	65	48	125	
113 lbs/11				
Kyle Edwards	90	60	185	
Teens (female)				
97/13-Dec				
Danielle Peirson	76	43	120	
123/14-15				
Kylie Morris	235	125	310	
148/14-15				
Tabitha Cockrell	180	110	180	
132/16-17				
Mallory Kooker	155	95	185	
198/16-17				
Liz Hannegan	180	115	215	
SHW/16-17				
Rachael Wilcox	240	140	300	
148/13-Dec				
Teens (male)				
ClintBanzhof	210	135	220	
165/14-15				
Ryan Little				



Vincent Lysobey prepares for his opening attempt at the APA Thunder Bay Open. (Photograph APA)

APA Thunder Bay Open 15 NOV 03 - Bradenton, FL				
Women	SQ	BP	DL	TOT
114				
M. Kirkland	315	175	345	835
4th	332			
132				
K. Moore	185	115	220	520
148				
S. Sweeney	275	125	285	685
D. Korob		145		
Teenage				
G. Biggs	350			
Junior 20-23				
C. Robertson	425			
S. Ribaud	365			
Submaster				
D. Agostini	445	315	430	1190
J. Walker	405			
40-49 by formula				
B. Kelly	620	345	635	1600
S. Conlin	450	280	475	1205
G. Lutz	550	365	500	1415
R. Hoover	410			
G. Ford	265			
R. Cunicelli	305			
S. Conlin	280			
50-59 by formula				
T. Gainer	445			
G. Walker	385			
60-69 by formula				
J. May	250			
70-79 by formula				
B. Rosenfeld	300			
Open				
132				
B. Goelz	382			
181				
V. Lysobey	540	340	500	1380
J. Querido	415			
198				
G. Walker	385			
220				
J. Whalen	425			
242				
J. Howe				
J. Walker	405			
275				
T. Gainer	445			
308				
M. Small				
SHW				
J. Balzer	360			
(Thanks to APA for providing the results.)				
USAPL NorCal Winter Classic 10 JAN 04 - Concord, CA (kg)				
Women				
Open				
123	SQ	BP	DL	TOT
K. Buffington	95	52.5	102.5	250
148				
M. Cuevas	107.5	60	125	292.5
165				
D. Mauriello	112.5	60	102.5	275

Men				
T1 (14-15)				
198				
M. Koufos	130	72.5	155	357.5
Open				
181				
M. Mendez	220	127.5	215	562.5
D. Torrence	215	125	217.5	557.5
198				
John Pena	332.5	217.5	272.5	822.5
Chris Cej	25	142.5	215	382.5
220				
J. Tremblay Jr.	267.5	182.5	272.5	722.5
Steve Pena	227.5	215	245	687.5
DiBartolomeo	220	167.5	250	637.5
Wes Allen	185	110	212.5	507.5
242				
Steve Silver	300	227.5	300	827.5
Jim Sullivan	290	185	272.5	747.5
Satterthwaite	185	165	195	545
275				
Emilio Paez	245	150	250	645
M1 (40-44)				
Kanemoto	272.5	200	240	712.5
Robert Ciano	227.5	185	272.5	685
M2 (45-49)				
Jim Sullivan	290	185	272.5	747.5
John LaGrilli	242.5	162.5	245	650
David Bertier	170	127.5	242.5	540
M3 (50-54)				
Mike Mooney	75	75	125	275
M4 (55-59)				
John Dumont	160	80	200	440
M5 (60-64)				
Shane O'Neill	210	137.5	222.5	580
M6 (65-69)				
Don Torrence	215	125	217.5	557.5
R. Mattison	110	107.5	160	377.5
M7 (70-74)				
Gerard Ahem	115	87.5	162.5	365
BENCH				
C. Roberson	142.5			
Women				
Open				
105				
James Hunter	230			
Carin Fujisaki	72.5	72.5	195	340
114				
K. Aanenson	85	85	245	415
M2 (45-49)				
Valerie Crowell	160	160	245	465
M4 (55-59)				
Jeff Jones	160	160	245	465
M3 (50-54)				
T. Robinson	125	125	245	495
M5 (55-59)				
Susan O'Neill	42.5	42.5	195	280
Men				
T3 (18-19)				
Luis Castillo	177.5	177.5	195	450
Open				
181				
Don Robinson	105	105	245	455
M4 (55-59)				
T. Robinson	125	125	245	495
Hayward Blake IV	137.5	137.5	245	517.5
M5 (60-64)				
D. Lagerwerff	132.5	132.5	245	512.5
Steve Pena	215	215	315	745
Meet Directors: Rob Meulenberg, Lance Slaughter. Officials: Joe Randazzo (National), Steve Denison (National), Lance Slaughter (National), Scott Cartwright (State). Doping Control Officers: Jason Burnell (State), Lance Slaughter (National). Timekeeper: Rob Meulenberg. Computer Scoring: Jason Burnell. Announcer: Frank Cable. Expeditor: Dave van Brocklin. Platform Manager: Ted O'Neill. Spotters/Loaders: Diablo Barbell Powerlifting Team (Rich "Bear" Berendsen, Hayward Blake III, Hayward Blake IV, Simran Bhatia, Jesse Burdick, Joe Ginocchio, Ken Kim). The 2004 USAPL NorCal Winter Classic Powerlifting & Bench Press Championships were held at the Diablo Barbell Club in Concord, CA. 41 competitors attended this meet, with some as far away as Oregon and Arizona. A spectacular turnout allowed for an entertaining meet. In the bench press only division, Kimberly Aanenson won the Open 114 class with a 187 lb. bench press, which earned her best Open woman bench press lifter. Frank Beeler pressed up an AR 540 lbs. at SHW wearing only a t-shirt. This earned him best lifter in the Master bench press division. Steve Pena continued his amazing lifting by getting a 473 lb. bench press and winning the Open 220s and the best Open bench press lifter. In the powerlifting division, seventeen year old Kendal Buffington posted a 551 lb. total earning her 1st place in the Open 123 class and best Open woman powerlifter. Some impressive lifting in the Masters division was displayed, with notables being Shane O'Neill, weighing only 188 lbs., who posted a 1278 lb. total on route to winning the Masters (60-65)				

USPF W. Virginia High School 21 FEB 04 - S. Charleston, WV				
WOMEN (Jr)	BP	DL	TOT	
114 lb.				
Carrie Brezinski	70	185	255	
123 lb.				
Carrie Miller	80	215	295	
132 lb.				
Chelsea Speggion	140	275	415	
BOYS (Middle School)				
114 lb.				
Will Brezenski	75	175	250	
123 lb.				
Josh Michael	100	200	300	
242 lb.				
Kody Smith	130	275	405	
(Freshman)				
114 lb.				
Tom Ng	120	265	385	
132 lb.				
Timmy Debar	135	270	405	
148 lb.				
Kirk Adkins	145	265	410	
165 lb.				
Jeremy James	200	315	515	
Arik Sikula	165	300	465	
Josh Kepling	175	275	450	
Josh Pauley	145	300	445	
Chris Stover	140	300	440	
181 lb.				
Brandon Reinhart	200	325	525	
Justin Schoolcraft	160	305	465	
198 lb.				
David Seagraves	120	285	405	
220 lb.				
Jake Young	160	305	465	
242 lb.				
Derek Steele	200	310	510	
SHW				
Andrew O'Meara	145	350	495	
(Sophomore)				
132 lb.				
Danny Rhodes	165	285	450	
Mitchell Johnson	140	315	455	
148 lb.				
Adam Runyon	180	270	450	
165 lb.				
Travis Vanscoy	160	330	490	
Jason Vineyard	145	300	445	
198 lb.				
Trey Smith	245	420	665	
Keyshon Andino	190	325	515	
220 lb.				
Andrew Ford	200	400	600	
William Gillispie	195	390	585	
Mica Teeter	210	350	560	
242 lb.				
Keith Branch	300	500	800	
Jack Woods	230	400	600	
275 lb.				
Tyrone Lang	180	360	540	
308 lb.				
Josh Snyder	260	510	770	
SHW				
Jeff Johnson	270	400	670	

WABDL Alki Beach BP/DL 23 AUG 03 - Seattle, WA				
BENCH				
Class I Men				
198				
T. Tebbets	358			
J. Woddall	242			
J. Coolbarug	303			
275				
Jess Angel	451			
Jr. M 20-25				
181				
K. Umetsu	253			
Law/Fire				
Men 40-47				
275				
Tom Ovens	429			
Open Men				
198				
R. Derringer	402			
402				
Submaster Men				
181				
Keith Swank	248			
242				
J. McMullen	380			
Men 40-46				
148				
J. Lawrence	336			
198				
A. Berry	462			
P. Fernandes	330			
220				
R. Whatley	385			
242				
B. Waino	380			
259				
Christensen	451			
429				
M 40-46				
181				
Ron West	369			
308				
J. Ceccarelli	501			
J. Mickelson	429			
Men 47-53				
198				
M. Stevens	253			
242				
S. Mathis	468			
Men 54-60				
198				
G. Holzinger	415	280	420	1115
181				
Masters Men				
Jeff Buck	400	280	400	1080
Teen 18-19				
C. Glassbum	335	280	435	1050
198				
Open Men				
Marc Fensler	500	325	525	1350
Masters 1				
Mike Lindsey	135	270	435	810
220				
Novice				
Sam Evans	500	340	480	1320
Submaster				
Harlen South	375	265	515	1155
275				
Teen 18-19				
Joe Gilpen	440	315	550	1305
Jr. Men				
Matt Covlin	405	315	225	945
Open Men				
Spencer Reed	380	355	445	1180
Submaster				
Brad Witter	500	340	420	1260
BENCH				
181				
Dan Schwamtz	400			
Submaster				
Joe Trego	295			
Masters 3				
H. Lawrence	175	319+		
198				
James Harrison	365			
DEADLIFT				
Open Men				
R. Chambers	285			
220				
Novice				
B. Hensley	315			
Open Men				
Tim Smith	470			
275				
Novice				
Mike King	305			
Tony Brandi	250			
Open Men				
(Thanks to Sonny Runyon for the results.)				

WABDL Alki Beach BP/DL 23 AUG 03 - Seattle, WA				
BENCH				
Class I Men				
198				
T. Tebbets	358			
J. Woddall	242			
J. Coolbarug	303			
275				
Jess Angel	451			
Jr. M 20-25				
181				
K. Umetsu	253			
Law/Fire				
Men 40-47				
275				
Tom Ovens	429			
Open Men				
198				
R. Derringer	402			
402				
Submaster Men				
181				
Keith Swank	248			
242				
J. McMullen	380			
Men 40-46				
148				
J. Lawrence	336			
198				
A. Berry	462			
P. Fernandes	330			
220				
R. Whatley	385			
242				
B. Waino	380			
259				
Christensen	451			
429				
M 40-46</				

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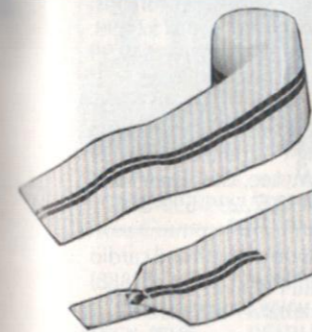
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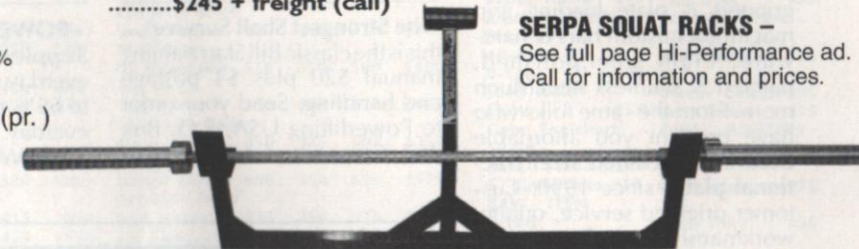
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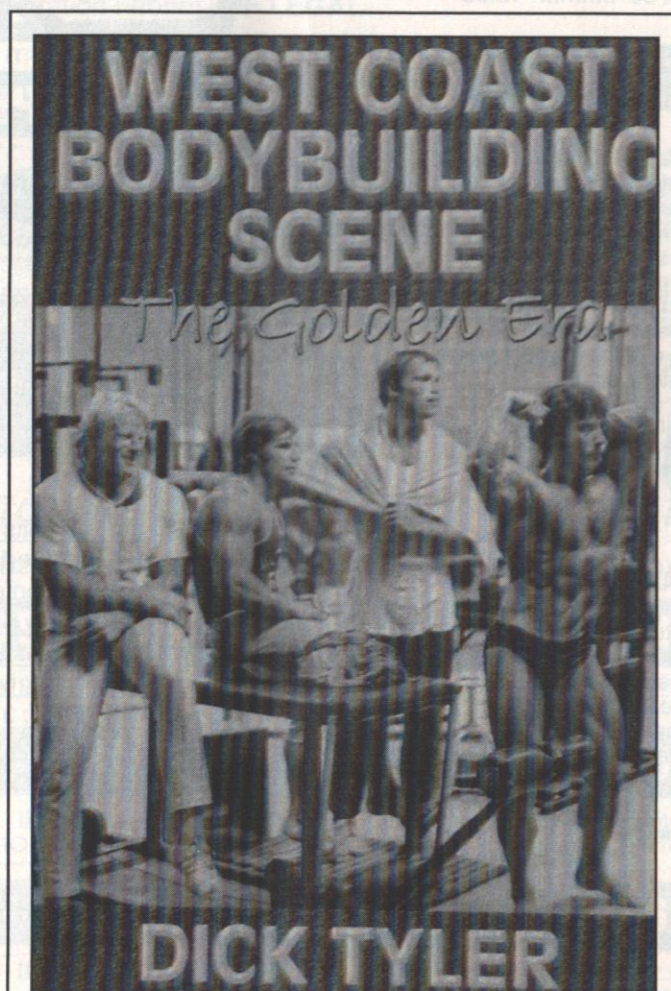
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Dick Tyler, possibly the most entertaining writer Joe Weider ever had, has come out with a book about "The Golden Era" of West Coast Bodybuilding ('65-'71) ... yeah - Draper, Pearl, Arnold, Zane, and many more, but back then powerlifters and bodybuilders trained together down at Muscle Beach and this book has dozens of references and photos of legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholtzer, Bill Thurber, Bill "Peanuts" West, and there's even a section on the spectacular Zver's power gym. If you lived through that era, you're going to love how Tyler has brought it all back into focus. If you weren't into lifting then, this book will show you how we got to where we are today. There was gobs of common ground between the sports back then, and there were some very strong bodybuilders afoot (Franco Columbo ... wow!) We just got a couple of cases of this book in and they are for sale at \$24.95 a copy, plus \$4 shipping and handling, to Powerlifting USA, Box 467, Camarillo, CA 93011.

Bullitt County YMCA BP/DL 24 APR 04 - Shepherdsville, KY

BENCH	OPEN DIVISION	DEADLIFT	TEENAGE
JUNIOR	165	Dennis Frost 315	148
7 year old	Kris Thompson 245	junior men	148
Peyton Griffiee 35	220	Al O'Brien 120	148
WOMEN	Justin Abney 350	Dennis Frost 200	148
B. Etherton 65	242	master men 40-44	242
TEENAGE	Rob Shultz 430	D. Neighbors 390	242
148	275	open men	308
Korey Craddock 245	David Elmore 505	James Ewing 460	308
198	DEADLIFT	open men	308
TEENAGE	Stuart Diersen 325	Jim Hanson 375	565
Stuart Diersen 285	MASTERS	The twentieth annual Son Light Power Cross County Pull Bench Press/Deadlift Championship was held May 8, 2004 at Cross County Mall in Mattoon, Illinois. Thanks again to the mall Association for sponsoring this event. In the bench press competition Al O'Brien came to break the state record in the teenage men's 13-15/123 class, and actually came within a few inches of locking out that weight, but had to settle with his opener of 120. A great all-around athlete, Al is also involved with wrestling and football. Dennis Frost returned to competition after more than a year off to take the win at junior 148. Failing with a personal best 220 Dennis finished with 200. Don Neighbors came looking for his first 400, lifting at 40-44/242. Don finished with 390 after two very close misses with 400, just short of lock-out. In the open 308 class it was Jim Hanson, getting just his opener of 375. Two subsequent tries at 405 stalled about halfway up. In the deadlift event Dennis Frost won at junior 148 with 315. Brent Bruninga looked strong at submaster 220, finishing with 525 after his final attempt with 545 failed at the knees. James Ewing won at 45-49/242 with 460, after running a 5K race earlier that morning. Then at 308 it was Jim Hanson with the biggest pull of the day, 565. Thanks to my wife Susie, Brett Faught and grandson Daniel for all their help. See you all back here at the mall June 19 for the USA 'RAW' Bench Press Federation Summer Nationals. (Thanks to Dr. Darrell Latch for results)	
40-44 yr	Joe Raley 335		
165	242		
Ron Flynn 335	Keith Griffiee 315		
198	45-49 yr		
Dale Thompson 315	220		
220	Ray Belanger 315		
Joe Raley 350	OPEN		
242	220		
Keith Griffiee 300	Justin Abney 615		
275			
Darrell Smith 350			
45-49 yr			
220			
Ray Belanger 330			
Russell Knopp 255			

BEST LIFTER: David Elmore. The Derby Pump Raw Bench and Deadlift was held on April 24 at the Bullitt Co. YMCA. Proceeds from the entry fees, approx. \$700, went to the SHARE THE CARE program. In the Bench Press competition 7 year old Peyton Griffiee did a clean 35 lb lift for a personal best in his second ever contest. In the Womens division Bridget Etherton took her first title. In the teenage division Korey Craddock did a 245 to win the 148's. In the teenage 198's Stuart Diersen took home top honors with an outstanding 325 2nd lift. Jeremiah Benefield took 2nd and Brian Allen 3rd in this hotly contested division. In the masters 40-44 division Ron Flynn won the 148's with a strong 335. Dale Thompson won the 198s after coming off shoulder surgery with a 315. Joe Raley did a strict 350 to win in the 220s. Keith Griffiee posted a 300 2nd lift to win in the 242's. Darrell Smith won the 275's with an easy 350, barely missing 400. In the Masters 45-49 Ray Belanger took home 1st with a 330. Russell Knopp took 2nd with 255 just missing 275. In the open Kris Thompson won the 165 class with a 245. In the 220's Justin Abney put up 350 to take his division. Rob Schultz put up 430 to win the 242's. In the 275's David Elmore did a solid 505 2nd lift, just missing 525, to take 1st as well as the best lifter trophy. In the deadlift Stuart Diersen won the teenage division in impressive fashion with a 535 pull. Joe Raley won the 40-44 220's in his first ever deadlift competition with 335. Keith Griffiee won the 40-44 242 masters division, while Ray Belanger took home the prize for 45-49 division. Justin Abney fought thru with a huge 615 lift to win the open 220's in strong fashion. Special thanks to the YMCA and all the spotters who helped all day. (K. Griffiee provided results.)



Don Neighbors coming up with pr 400 @ 40-44/242 at the SLP Cross Country Pull. (Photo Latch)

SLP Cross County Pull BP/DL 8 MAY 04 - Mattoon, IL

BENCH PRESS	DEADLIFT
teenage men 13-15	junior men
123	148
Al O'Brien 120	Dennis Frost 315
junior men	submaster men
148	220
Dennis Frost 200	B. Bruninga 525
master men 40-44	master men 45-49
242	242
D. Neighbors 390	James Ewing 460
open men	open men
308	308
Jim Hanson 375	Jim Hanson 565

The twentieth annual Son Light Power Cross County Pull Bench Press/Deadlift Championship was held May 8, 2004 at Cross County Mall in Mattoon, Illinois. Thanks again to the mall Association for sponsoring this event. In the bench press competition Al O'Brien came to break the state record in the teenage men's 13-15/123 class, and actually came within a few inches of locking out that weight, but had to settle with his opener of 120. A great all-around athlete, Al is also involved with wrestling and football. Dennis Frost returned to competition after more than a year off to take the win at junior 148. Failing with a personal best 220 Dennis finished with 200. Don Neighbors came looking for his first 400, lifting at 40-44/242. Don finished with 390 after two very close misses with 400, just short of lock-out. In the open 308 class it was Jim Hanson, getting just his opener of 375. Two subsequent tries at 405 stalled about halfway up. In the deadlift event Dennis Frost won at junior 148 with 315. Brent Bruninga looked strong at submaster 220, finishing with 525 after his final attempt with 545 failed at the knees. James Ewing won at 45-49/242 with 460, after running a 5K race earlier that morning. Then at 308 it was Jim Hanson with the biggest pull of the day, 565. Thanks to my wife Susie, Brett Faught and grandson Daniel for all their help. See you all back here at the mall June 19 for the USA 'RAW' Bench Press Federation Summer Nationals. (Thanks to Dr. Darrell Latch for results)

USAPL Idaho State High School PL 14 FEB 04 - Nampa, ID

WOMEN	SQ	BP	DL	TOT
Teenage				
123 (16-17)				
Martinez, A. (18-19)	125	95	175	395
Jenson, S. (16-17)	140*	120*	215*	475*
Kris Angle (16-17)				
Weerhiem, L. (16-17)	105	85	170	360
165 (16-17)				
Donahoo, M. (16-17)				
Ahlers, Kate** (16-17)	250*	210*	375*	835*
Ivy, Amanda (16-17)	200	125	300	625
MEN				
Teenage				
114 (12-13)				
Cook, James (14-15)	140	105	200	445
Floyd, Russell (16-17)	105	95	185	385
Kim, Edward (16-17)	185	155	290	630
132 (16-17)				
McGlochlin, B. (14-15)	235	145	275	655

Barnard, N. (16-17)	185	185	240	610
Bowen, Eric	295	230	350	875
Diaz, JD	300	190	335	825
Maugh, Jerome	155	135	225	515
165				
(14-15)				
Daniels, Robert	270	185	300	755
Wilding, C. (16-17)	135	150	225	510
Woodruff, Devin	335	215	375	925
Tompkins, Mark	270	215	370	855
Hubbard, Kord	270	200	370	840
Watkins, Stuart	160	135	250	545
(18-19)				
Carrillo, Uriel	185	265	405	855
Wilson, Nick	235	175	325	735
(14-15)				
Dowers, Tom	335	230	390	955
Clark, Kyle	240	135	320	695
(16-17)				
Ladish, Troy	380	260	415	1055
Rogers, Jaeson	375	250	425	1050
Regis, Ryan	350	185	385	920
Wade, Jake	185	200	275	660
(18-19)				
Agenbroad, K.	345	275	430	1050
Smith, Troy	240	185	340	765
198				
(14-15)				
George, David	350	210	415	975
Broom, Cody	195	170	340	705
(16-17)				
Porter, Cody**	430	280	505*	1215
Kroll, Alex	300	270	330	900
220				
(14-15)				
Flonta, Danny	450	290	415	1155
(16-17)				
Islus, Pablo	325			
(18-19)				
Roorden, Scott	380	245	475	1100
242				
(18-19)				
Mendez, M.	240	185	370	795
275				
(14-15)				
Pulu, Hateni	315	250	315	880
(16-17)				
George, Mike	260	255	400	915
(18-19)				
Nulph, Dan	240	185	380	805
.319				
Hackler, John	355*	205	440	1000

* - State Record, ** - best lifters (male & female) TEAM: Skyview HS, American Falls HS, Mountain Home HS. (USAPL.)

USAPL Virginia Open 28 FEB 04 - Charlottesville, VA

BENCH	SQ	BP	DL	TOT
114 Open	198			
50-54				
Angie Mamola	155	Al Statman	290	
132	198			
14-15	65-69			
Allen Bowers	130	John Herbein	265	
165 Open	198			
D. Maoury	390	George Litos	215	
181 Open	65-69	242 RAW OPEN		
Adam Mamola	425	Carl Amstone	360	
181	275	College		
40-44	320	Guy Greene	365	
Cliff Merritt	SQ	BP	DL	TOT
105 50-54				
Evelyn Newton	95	80	210	385
114 Open, 20-23				
Anne Sommers	215	115	220	550
132 16-17				
B. Whitehead	330	190	370	890
148 14-15				
Trey Angle	280	160	325	765
14816-17				
Mace Evehardt	335	200	375	910
148 16-17				
L. Whitehead	340	235	275	850
165 16-17				
Josh Dalton	365	275	405	1045
165 18-19				
Brandon Travis	205	215	350	770
165 6064				
John Nesbitt	355	215	455	1025
181 20-23				
Rory Howell	470	350	450	1270
181 50-54				
Ernie Burt	505	270	475	1250
181 RAW 50-54				
Mike Brandy	315	285	500	1100
18165-69				

W. Breeden	310	200	405	915
198 Open				
Todd Shelton	530	425	640	1595
198 Open				
Alex Campbell	425	260	500	1185
19818-19				
Dade Bake	550	300	600	1450
198 40-44, Police				
Greg Stangg	425	365	450	1240
198 5054				
Al Statman	350	290	500	1140
220 RAW 40-44				
Mark Vasco	290	275	400	965
220 RAW 45-49				
Doug Morris	325	185	420	930
242 Open				
G. Shoemaker	550	350	500	1400
202 20-23				
Tom Keim	550	385	470	1405
242 40-44, Police				
Mace Hill	450	375	505	1330
242 45-49				
Harold Lloyd	600	350	620	1570
242 RAW Open				
Carl Amstone	535	360	515	1410
275 Open, 20-23				
Miller Ramsey	625	425	610	1660
275 Open				
Stuart Dean	465	385	530	

Beast of the East Bench Press
29 FEB 04 - Taylor, PA

BENCH	Al Miller	157.5
Women	Larry Frable	140
148	198 Teen	
Marge Conte	A.J. Bilski	155
Men	198 Junior	
123 open	Jeff Zick	175
H. Clapatch	Chris Nasser	167.5
132 Open	220 Open	
125	Ed Bronco	172.5
Fred Garvey	Ray Murhon	165
148	Vince Malanga	147.5
Masters(40-44)	220 Junior	
Mike Gallagher	Jon Bartell	185
165 Open	220	
Bob Legg	Masters (40-44 yrs)	
Brad Meyers	Mark Sylvester	167.5
165 Junior	Chris Zupko	160
SJ. Wincovitch	220	
Masters(50-54)	Masters (45-49yrs)	
Bob Legg	165	
181 Open	175 Ray Murhon	
Brian Kizer	242 Open	
Jack Rubio	167.5 Joe Swartz	165
181	242 Masters(65-69)	
Masters(45-49)	Earl Robinson	152.5
W. Clapatch	117.5 275 Open	
181 Teen(18-19)	Masters (40-44)	
Matt Hastie	122.5 Russ Smith	215
198 Open	319 Open	
*Rob Baum	177.5 Masters(40-44)	
Jeff Zick	175 Kevin Coughlin	187.5



Bob Granko Sr., (l) presents 1st. place Masters award to Earl Robinson aged 65 years young, truly the Beast of the East Bench Press contest's most inspirational lifter. (Photo by The Power Gym)

* Best Lifter Hwy. \$ - Best Overall Lifter.
! - Best Lifter Womens. Great Bench Meet!
Wish to thank all lifters, loaders scoring table judges and spectators for all of their help. Looks like the Power Gym is back to running contests! May God Bless you all. (Thanks to The Power Gym for the results.)

USAPL MASS/RI State Open PL
22,23 NOV 03 - Warwick, RI

Powerlifting	SQ	BP	DL	TOT
Special Olympics				
Matthew Kurdok	175	225	400	
Teenage Womens Division				
Eileen Molloy	240	130	210	580
Women's Open Div. 1				
Pamela Morong	255	145	310	710
Penny Shaw	250	155	270	675
Joanne Clough	205	100	270	575
Alena Simara	225	135	275	635
Grace Parisi	215	100	260	575
Women's Orion Div. II				
Disa Hatfield	375	245	370	990
Donna Slaga	285	210	350	845
F. Ruggiero	285*	160*	310	755*
S. Naylor	245	125	280	650
Eileen Molloy	240	130	210	580
Lisa Stylos	205	125	225	555
Women's Masters Division				
Pam McCann	225	155	280	660
Diane Farrar	170	110	200	480
Michaels-Ward	165	95	215	475
Women's Grandmasters Div.				

Joanne Clough	205	100	270	575
F. Ruggiero	285*	160*	310	755*
Sonja McKinlay	275	175	275	725
Grace Parisi	215	100	260	575
Men's Teenage Division				
C. Wasniewski	500	320	580	1400
John Pyrez	415	215	440	1120
Don Hilton	300	225	400	925
Jason Petrarca	305*	195*	350*	850*
Men's Junior Division				
Mike Petrarca	450	285	460	1195
Dan Poulos	400	285	540	1225
J. Carpenter	425	350	460	1235
Dean Fragola	375	260	385	1020
Kiron Farris	415	315	475	1205
Men's Submasters Division				
Gene Marshall	550	385	545	1480
Sean DiCataldo	570	380	600	1550
Eric Quintin	360	300	400	1060
Masters 40-44 Division				
Alex Yvars	555	335	545	1435
Kevin Rossi	505	445*	520*	1470*
Robert Rogers	440	340	530	1310
Ray Thibault, Jr.	370	335*	350	1055
Jim Sexton				
Masters 11 (45-9) Division				
Doug Marong	350	390	525	1265*
Bruce Topol	420	360	425	1205
Chip McCann	385	325	425	1135
Bryan Letson	225	225	405	855

Andrew Bender	325			
Grandmasters Division				
Dave Mansfield	525	270	525	1320
John Medeiros	475	345	445	1265
Joe Rizza	450	190	450	1090
Dwayne Allen	375*	275	450	1100*
Butch Troiano	350*	385*	425	1160*
Robert Ayer	250	155	345	750
Jonathan Wild	250	140	335	715
Men's Open 148 lb Division				
Allen Whigham	505	285	550	1340
Mike Petrarca	450	285	460*	1195
Men's Open 165 Division				
Gene Marshall	550	385	545	1480
Steve Beaupre	540	385	530	1455
Randy Deleon	480	300	555	1335
Eric Cordeiro	450	275	440	1165
Men's Open 181 lb. Division				
Sean DiCataldo	570	380	600	1550
Hal Scholnick	515	370	560	1445
Stephen Ritucci	435	335	520	1290
Dan Poulos	400	285	540	1225
Sam Alba	425	320	450	1195
Men's Open 198 lb. Division				
M. Campbell	605*	390	585	1580
Kevin Rossi	505	445	520	1470
Doug Marong	350	390	525	1265
J. Nickerson	550			
Men's Open 220 Division				
Geoffrey Esper	625	360	660	1645
Rene Moyon	540	360	565	1465
Lance Reardon	510	340	560	1410
George Sousa	510	350	540	1400
Mike Laliberte	500	315	520	1335
Frank Juszyński	455	290	525	1270
Men's Open 242 lb. Division				
Phil Najemy	550	325	600	1425
Scott Gagnon	530	340	580	1450
Robert Troon	515	400	510	1425
Ryan Luchka	460	360	450	1270
Men's Open 275 lb. Division				
Sean Culnan	685	550	765	2000
Patrick Johnson	700	500	550	1750
Mark Griffin				
Men's Open SHW Division				
Guy Ziriak	655	435	550	1640
Women's Overall Best Lifter - Saturday: Gene Marshall - Men's Submasters Division.				
Men's Overall Best Lifter - Sunday: Sean Culnan - Men's 275 lb. Division. Team Standings: 1st - Next Level Fitness - RI, 2nd - Maine All Stars - ME, 3rd - Powerzone - NH, 4th - Golds Gym (EB) - MA, 5th - Downtown Barbell Club - MA. Officials: Greg Kostas - MA National, Joe Wencus - MA State, Rene Moyon - RI State, Lance Reardon - ME State, Mike Laliberte - ME State, Joe Peters - RI State. The following lifters west 9 for 9: Kevin Rossi, Joe Rizza. This event featured 78 lifters who came from the following states: MA, RI, CT, NH, ME and NY. The lifting was excellent once again as the results show the quality of lifters who compete in the USAPL. The two day format with all of the specialty groups lifting on Saturday and the Men's Open				

lifting on Sunday, is working out well and the lifters seem to have adjusted to this format. This event featured several lifters who have done well on the National Level for the USAPL as well as the National and World Level for AAU. Thanks again to Rene Moyon and the members of Next Level Fitness for hosting another successful event. Also to Mike of Northeast Fitness for continuing to allow us to utilize his exceptional facility for our USAPL events. Thanks to all of the judges, spotters, loaders, table help and everyone else who assisted us with hosting this event. It is a team effort when hosting meets of this caliber, and it could not be accomplished without everyone's help. Again, last but not least, thanks to all of the lifters who supported this event - these meets are for you and could not exist without your support! See everyone next May! (Thanks to Greg Kostas for providing these meet results.)

Iron Dawg Open (kg)
29 NOV 03 - Marietta, GA

Teen 17-18	SQ	BP	DL	TOT
90 kg.				
Randy Smith	155	127.5	217.5	500
Teen 13-15				
82.5 kg.				
J. DeCarish	95	82.5	145	322.5
Open Men				
52 kg.				
Jason Luster	70	60	97.5	227.5
82.5 kg.				
Bob Adams	272.5	172.5	227.5	672.5
90 kg.				
James Burdette	272.5	215	227.5	715
Ronnie Baker	250	175	227.5	652.5
Rex Hill	250	172.5	227.5	650
110 kg				
C. Osegueda	320	187.5	227.5	735
125 kg.				
Al Hunter	295	187.5	282.5	765
SHW				
Tony Hutson	462.5			
Men Submaster				
90 kg.				
Earl York	237.5	160	227.5	625
Master Men				
Ronnie Baker	250	175	227.5	652.5
Al Hunter	295	187.5	282.5	765
Tony Hutson	462.5			
Rex Hill	250	172.5	227.5	650
Bob Adams	272.5	172.5	227.5	672.5
Bench Open				
82.5 kg.				
T. Satterfield	242.5	110 kg.		
Daniel Noel	185	Mark LaBoy		
Bob Adams	172.5	Bench Master		
90 kg.		Ray Pelis	212.5	
J. Burdette	215	Kevin Kayes	145	
Rex Hill	242.5	Bench Women		
100 kg.		M. Sternberg	55	
Steve Fogle	140	M. Bardot	75	
125 kg.		E. Luster	62.5	

(Thanks to L. B. Baker for providing results)

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Conditions of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.
As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.
If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____
Name: _____ Phone: (____) _____ E-Mail: _____
Address: _____ City: _____ State: _____ Zip Code: _____
Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

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• High School Seasonal (6 mo. HS ONLY meets; good Dec. 1 thru May 31) - \$15.00 • Upgrade from current HS Seasonal to HS Div. Full year - \$15.00

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• Lifter Classification Patch - \$5.00 (qty. ___) (must provide meet results) • Hats - \$15.00 (qty. ___)(colors: white, navy, black)

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